



THE PORTUGAL News

Portugal's National Newspaper in English

16 Aug 2008 • Edition N° 972 • €1.50 inc. IVA • Publisher: Paul Allen-Luckman • Editor: Brendan de Beer • www.the-news.net

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Police kill robber in hostage drama

Portugal's Minister of Internal Affairs, Rui Pereira, has praised the "necessary force" used by police to end an armed bank siege in Lisbon, in which one robber died, another was seriously injured but the two hostages escaped unscathed. (See P. 3)

Diesel price has risen 140 times since 2004

In the space of little more than four years, the cost of diesel was pushed up 140 times, which is an average of more than once every fortnight. (See P. 5)

TAP should survive fuel crunch

National airline carrier TAP Air Portugal is among a group of nine airlines with specific qualities to "survive" soaring fuel costs, while other carriers including Alitalia face a more uncertain future, according to a recently published report. (See P. 9)

Bank cards used one million times a day

Data released this week by card payment institution Unicre for the first half of this year has confirmed an increasing trend of Portuguese using their bank cards as a preferred option of payment. (See P. 12)

Taxman seizes Boavista stadium

In a dramatic and unprecedented move, tax authorities in Portugal have seized the stadium of Boavista FC. (See P. 72)

Seven day weather outlook

Lisbon: Despite conditions being partly cloudy for much of next week temperatures will sit in their late 20s throughout next week. **Faro:** Blue skies and temperatures in their late 20s and early 30s can be expected over the next seven days. **Oporto:** Thermometers will be dropping to their low 20s, as a rain is set to come in over the weekend and remain until early next week.



Congestion charges approved for Portuguese cities as pollution takes its monetary toll

CONGESTION CHARGES APPROVED

In a radical move to reduce pollution in major Portuguese cities such as Lisbon, where levels are now beyond those imposed by the European Union, a national directive has been approved allowing for the implementation of congestion charging. Not only is the proposal aimed at reducing the number of cars in cities, but also increasing the number of people in them, while charging vehicles with single occupants a premium rate to enter a city. It is further proposed that entering a city such as Lisbon be tolled more heavily on weekday mornings, while costs will be reduced over weekends or outside of peak traffic hours.

Charges, see p. 18



GNR officer shoots and kills boy (12) in car chase



The father of the boy who was shot dead in a car chase after an alleged assault at a warehouse in Santo Antão do Tojal, Loures. The man is seen here after having been heard by a judge on Tuesday. (Photo: Lusa / José Sena Goulão)



Relatives of a 12-year-old boy who was shot and killed by a GNR officer during an alleged robbery are to take legal action against Loures GNR officers, accusing them of murder. Minister of Internal Affairs Rui Pereira has also ordered an official inquiry into the incident, as has Loures' GNR brigade.

The shooting occurred this week, late Monday afternoon, in Santo Antão do Tojal, Loures.

Loures GNR were called out by an anonymous citizen who was concerned a warehouse containing construction materials had been broke into.

Arriving at the scene officers found two men, said to be "in their thirties", inside a Ford Transit van.

According to the GNR, "they were surprised at being caught red-handed and tried to flee, driving at high speed in the officers' direction, putting one of them at risk and forcing the officer to jump on top of the police vehicle to save his own life".

After allegedly disobeying the officers' instructions to stop and pull over, a number of shots were fired at the vehicle in an attempt to stop the "fast moving van".

Whilst the exact number of shots is not officially confirmed, it is believed at least "four or five shots" were fired, corroborated by locals' descriptions of the incident.

Also travelling in the Ford Transit, though reportedly unbeknown to the officers, was the 12-year-old son of one of the two adults, who was fatally wounded during the shooting.

After hitting a tyre, the van was forced to stop, allowing the officers to detain the two individuals. It was only then that they realised a boy had been travelling on the back seat and that he had been shot and killed.

According to the alleged assailants' lawyer, Fernando Carvalhal, "they were not rob-

bing the warehouse nor had they been broken in", but in their view were "collecting scrap and old iron once used on building sites".

He further confirmed the family will be taking legal action, but it had not yet been decided whether it will be against the entire Loures GNR command or the officer responsible for the shots, which, since the incident, has been on sick leave for physical and emotional reasons.

Both suspects, Roman Gypsies, are being held in the Bucelas GNR station on accusations of "theft and disobeying police orders".

But the two were later released on bail after a hearing at Loures court on Tuesday.

A relative has since accused the officers of being xenophobic and aiming to kill, and said, "Who would take a 12-year-old to commit a robbery?"

He added "These men are trained to know what they are doing and how to do it. If they had already blown the tyre, why fire another two shots?"

Lawyer Fernando Carvalhal said that the suspects' failure to stop on order "did not put the officer's life at risk".

He also said "The child was visible as the rear window was open".

Accusing the officer's of having "obvious discrepancies" in their versions of the incident, the lawyer went on to say that, despite being a "fresh incident", and that as yet, no conclusions can be drawn", he did confirm it would "be easy to verify exactly who fired the shot that killed the boy".

Top security official dismisses possibility of Portuguese ETA base

The head of Lisbon's Office for Security Coordination downplayed the likelihood that Spain's ETA Basque separatists could set up a base of some sort in Portugal.

"I doesn't seem reasonable to me to think that ETA may come to have a base in Portugal, a base that is really a base and not some form of passing some time in Portugal", General Leonel

Carvalho told the Lusa News Agency in reaction to a Spanish newspaper report.

"The report is very vague when it speaks of an (ETA) attempt to set up a base", General Carvalho said. "It's not known what would be the objective of this base, if it would be a base of some significance or purely and simply a place of refuge, of rest".

The general said Lisbon had not received any official word from Spanish authorities on the reported ETA attempt.

"What should be registered is that there is no ETA base in Portugal nor is one foreseen", he added. Lisbon daily *Diário de Notícias* picked up a report on

Monday from Spanish newspaper *La Razón* that said the recently arrested leader of an ETA commando group had told Spanish interrogators the terrorist separatist movement had sought to set up a base in Portugal.

The ETA commando reportedly had spent a few days in the northern Portuguese city of Porto last year where he rented a car that was used in May 2007 in a terrorist strike in Spain's northern Basque region.

When the ETA operative was arrested two weeks ago, a map of Lisbon was found in his house and Portuguese license plates were found at another hideout, according to reports. *TPN/Lusa*

Distributed nationally by VASP
Member of CPCT

The Portugal News is owned and published by: The News Group of Newspapers Inc. Depósito Legal N° 80258/94 Printed by: MIRANDELA Gráfica, Lisbon Print Run (Tiragem): 22,737

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SUBSCRIPTIONS: 52 editions of *The Portugal News*, cost €67.50 (Portugal), €135 (Europe) or €210 (World Airmail). Please call 707 500 655 for details.

Portuguese police detain ex foreign cop who swindled banks out of millions

Faro's PJ police have detained a foreign ex-police officer who is believed to have duped Portuguese banks out of up to one million euros.

The unidentified 59-year-old suspect was detained last Wednesday in Loulé and, according to reports, was the subject of a European capture warrant.

He is said to have used various fake identities, and was detained following various investigations carried out by Faro PJ police dating back to 2007 and relating to an international criminal set up that swindled Portuguese banks out of an estimated one million euros.

Allegedly, the members of that association conceived a "subtle plan", to trick banks into financing property purchases. This was done using fake documents regarding sellers and buyers, whose identities were forged.

During the investigation another four individuals were arrested, one of whom also had a capture warrant in his name.

Four properties purchased by the group were seized and the ring has been now dismantled.

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Police used “necessary force” to end Lisbon bank siege - Govt.



Portugal's Minister of Internal Affairs, Rui Pereira, has praised the “necessary force” used by police to end an armed bank siege in Lisbon, in which one robber died, another was seriously injured but the two hostages escaped unscathed, Lusa News Agency said.

Two armed robbers, reportedly illegal Brazilian immigrants, who held a pair of hostages for around eight hours, were shot by police marksmen late last Thursday evening in a Banco Espírito Santo (BES) branch near the centre of the capital.

The two men held guns to the heads of two bank employees as they moved towards the exit of the bank in a bid to get into a getaway vehicle parked outside the bank.

It was then the expert marksmen were given the order to shoot the assailants.

One of the robbers died and the other was taken to hospital, police said.

Moments after the robbers were hit by police snipers, the two captives fled from the bank to safety. Both hostages were unhurt, but shaken after their ordeal, police said.

In total, three shots were fired, two by the police snipers, and a third by the surviving robber, who fired his gun into the air as

he fell after being shot.

However, one of the hostages said this week she was surprised and somewhat dismayed that no psychological assistance had been provided for her.

In taking their decisive and deadly action to terminate the hostage situation, Portugal's Public Security Police (PSP) acted with “competence, dedication and heroism,” Lisbon's minister said.

It later emerged that the minister himself had given the “shoot-to-kill” order once negotiations with the would-be robbers, who had a bag containing €98,000, broke down.

The surviving robber, if found guilty by Portuguese courts could face a sentence of up to ten years imprisonment.

However, under a bilateral agreement signed with Brazil, he will be able to serve his sentence in his home country where he could be released after serving three years of his term due to more lenient laws in that country.

Bank robberies on the up



According to an official Safety Report for 2007, the number of assaults using violence carried out on banks and credit institutions in Portugal went down from 139 in 2006 to 108 in 2007, though have risen again during the first six months of this year.

The report, established by the country's Coordinating Office for Safety (GCS) said the rise was “very small” and as only six months of 2008 had so far been taken into consideration, “they cannot be compared” to previous years.

General Leonel Carvalho, head of the GCS, did admit

that these types of crime happened less in 2007 than 2006, though avoided commenting on whether there has been a decrease.

PJ police meanwhile revealed that 87 bank robberies were recorded in the first half of the year, but said they had no precise figures for the same period last year.



Portuguese police officers seen here gathered outside a Lisbon bank shortly after staff and customers had been taken hostage by two armed assailants last Thursday afternoon. (Photo: Lusa / Miguel A. Lopes)

ATM machines raided every other day

Since the beginning of this year, on average, one machine is raided every other day, meaning since January 96 assaults have taken place on cash-dispensing units.

In relation to these crimes, 14 individuals have been detained and over €850 thousand in cash has been stolen.

However, according to an official source, only five of the 96 machines have not yet been recovered or located.

Of the 14 individuals, eight were identified for ‘instrumental crimes’, crimes connected to the ATM thefts, like carjacking or threatening victims with weapons.

The source further disclosed “assailants take advantage of places without or with little security, or that are easy to break into”.

In 2007, compared to 2006, car jacking and the theft of ATM machines are the two crimes that rose most significantly.



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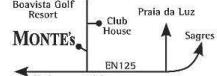
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Minister for Internal Affairs, Rui Pereira and Justice Minister Alberto Costa arriving at Parliament in May this year. (Photo: Lusa / António Cotrim)

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Government concerned with Portugal's worries



The Ministry of Internal Affairs (MAI) are to launch a national enquiry to get to grips with Portugal's main concerns. It is a "systematic and scientific way of knowing what most worries Portuguese citizens concerning their general safety".

To this effect, MAI has signed a protocol with Lisbon's Superior Institute of Work and Business Science's Centre for Investigation and Social Studies (CIEUS-ISCTE).

The national safety enquiry is one of MAI's strategies for 2008, first presented in March by Minister for Internal Affairs, Rui Pereira, the results of the enquiry will allow MAI to "identify problems and underline safety policies to respond to the community's concerns". MAI further hopes the enquiry will "help improve efficiency concerning police action".

British man drowns in dam

A 32-year old British man died last Monday at Marechal Carmona dam, in Idanha-a-Nova. The victim was apparently camping nearby, waiting for the Boom Festival to open its gates.

Boom Festival, electronic music and independent culture festival, is notorious as a drug-ridden festival and, apparently, the group was waiting for the area to open on Monday.

A young woman saw the floating body close to an island in the dam and called police at 09h14.

According to José Neves of the Idanha-a-Nova Fire Department, a boat was patrol-

ling the area nearby and quickly removed the victim from the water. "The victim was unconscious and when the emergency vehicle arrived, despite attempts to resuscitate him, he was declared dead soon after" said José Neves.

The GNR and VMER (Emergency Medical Team) had difficulty getting to the location due to the gridlocked traffic on the EN240. The body was transported to the morgue

at Amado Lusitano Hospital in Castelo Branco.

Only the autopsy will discover what caused the drowning, although some young people at the Boom Festival said the cause of death was most likely to have been associated with narcotic use.

Around 25,000 people are expected at the festival which has been held since 1997, during the August full moon.

Driver with no licence, no insurance sets new alcohol record

A 26 year old man was pulled over by Police whilst driving a scooter on Friday 8th in Viana do Castelo. Police had to chase him down as he drove past the patrol car with no helmet or license plate. When breathalysed his alcohol level was 4.2 g/L, a record in Viana do Castelo.

Everything happened at around 18h30 on Friday 8th close to Cabana Maior, Arcos de Valdevez, where the offender lives.

A source at Ponte de Lima Traffic Authority told Portuguese

newspaper *Diário de Notícias* "What caught the officers' attention was the fact he had no helmet or license plate. He still tried to escape, but an officer was able to take the key out of the ignition." The driver, besides driving

blind drunk, had no insurance, no driving license and no license plate.

António Caneja, a construction worker, said he was "alright" but fled out of fear as he had no license.



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Diesel price has risen 140 times since 2004



In the space of little more than four years, the cost of diesel was pushed up 140 times, which is an average of more than once every fortnight.

When compared with unleaded fuel 95 octane, diesel has risen ten times more since January 2004, while also allowing the difference in price between the two to be reduced considerably.

Currently, around two-thirds of all fuel sold in Portugal, which besides being the preferred fuel for heavy transport and commercial vehicles, diesel is increasingly popular as a choice of engine among ordinary citizens purchasing passenger vehicles.

Over the past four-and-a-half years, diesel rose to a high of €1.428 per litre, more than double its cost at the beginning of 2004.

Unleaded fuel, on the other hand, was 25 cents a litre more expensive than diesel in 2004. Currently, diesel is less than ten cents costlier than unleaded.

Meanwhile, latest figures show that over the past 12 months, unleaded 98 consumption fell a staggering 20.6 percent

Portuguese families earned €1,845 a month in 2005

The so-called Inquiry of Families' Expenses in 2005/2006, carried out by the National Statistics Institute, showed that family earnings have had an annual growth of 2.1 percent since 1999. The enquiry was carried out in 16,747 homes between October 2005 and October 2006.

The annual average expenses per family for the same period was €17,607, of which 26.6 percent (€4,691) were spent on habitation, including water, gas and electricity bills; 15.5 percent (€2,736) on food and non-alcoholic beverages and 12.9 percent (€2,272) on transport costs.

Lisbon was the region with the highest earning families, €27,463, as well as the ones with most expenses, €20,715.

At the opposite end of the scale was Alentejo, with €18,276 earned to €14,067 spent.

According to the enquiry, the average annual expenses of families with children or dependant youths were around 50 percent superior to families with no dependant minors. It concluded that most Portu-

guese families (58 percent) did not have children or dependant youths.

The enquiry also showed that men have the highest incomes, in 61.2 percent of families, and in 52.1 percent of them, their income comes from employers.

The study concluded that 71 percent of families live in urban areas and 75.8 percent reside in their own homes.

Relative to basic comfort levels, a big improvement was seen from the last enquiry: 99.7 percent of homes have electricity, 98.5 percent have municipal water, 97.4 percent were connected to sewers and 95.8 percent had sanitary facilities.

Owning a mobile phone jumped from 47.4 percent in 2000 to 81 percent in 2005/2006 and fixed phone lines dropped from 75.5 percent to 68.7 percent.



Farmers demonstrate against the rising fuel prices by driving their tractors through the streets of Pombal. (Photo: Lusa / Paulo Cunha)

Faro island left in the dark



Over eight thousand people were left without electricity for over a day and a half at Formosa River's island after an underwater cable had a malfunction. As a temporary measure, generators were used to supply the islands with power on Monday late afternoon.

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22 a 31 de Agosto

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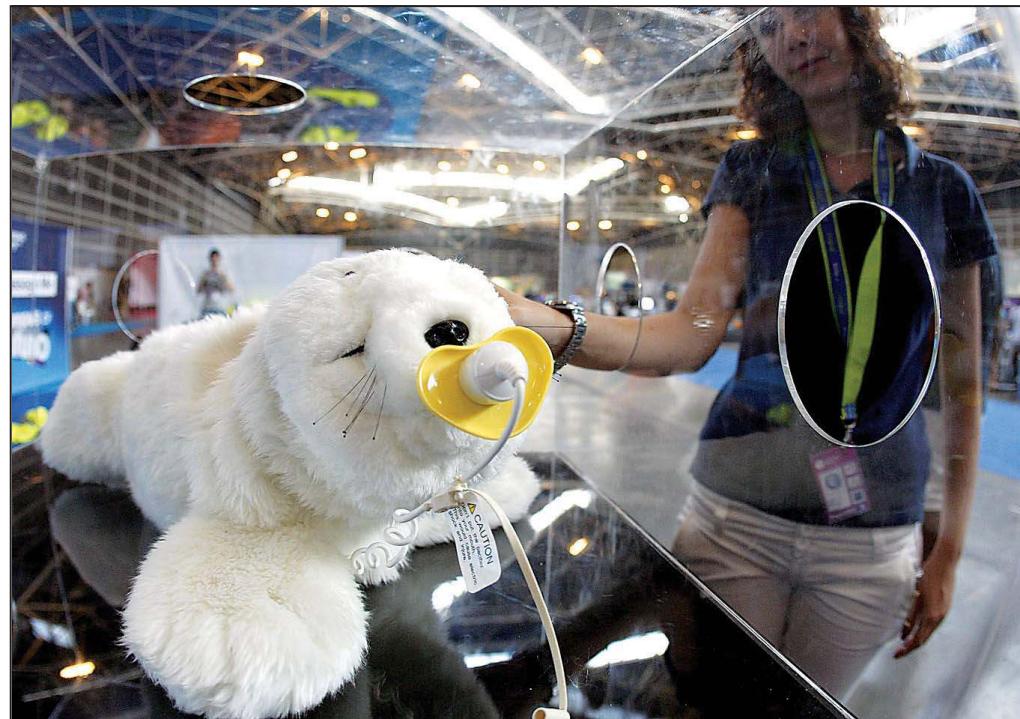
22	IRIS + Orquestra	27	Tributo aos Queen
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23	Luís Represas	28	Pedro Abrunhosa
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24	Anjos + Família Superstar	29	Tony Carreira
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25	Jorge Palma	30	Xutos & Pontapés
Segunda Monday		Sábado Saturday	
26	Tito Paris	31	Elba Ramalho
Terça-Feira Tuesday	Nancy Vieira	Domingo Sunday	

PALCO LAGOA 21:00 h

22	Noite de Folclore Algarvio	27	Grupo de Cantares do Parchal
Sexta-Feira Friday		28	Grupo de Cantares Fonte Nova
23	Xico Barata	29	Reflect "Último Acto"
Sábado Saturday		30	Zé Praia e Água Viva
24	Noite de Fado	31	Pedro Frias & Banda
Domingo Sunday		Los Cubanitos - Salsa	
25	Tuniko Goulart		
Segunda Monday			
26	João Miranda		
Terça-Feira Tuesday			



Portuguese plant being studied to control Alzheimer's



A woman interacts with the first therapeutic robot available in Spain at the 12th Annual Campus Party held in Valencia, eastern Spain, 1 August 2008. Originally from Japan, the invention is characterized as a baby seal and aimed at autism, senile dementia and Alzheimer's Disease patients. Its interior sensors, two mini-cameras and seven engines make it sensitive to light, voice and touch. The 12th Campus Party, one of the biggest electronic events in the world, is committed to innovation and education. (Photo: EPA/Biel Alino)

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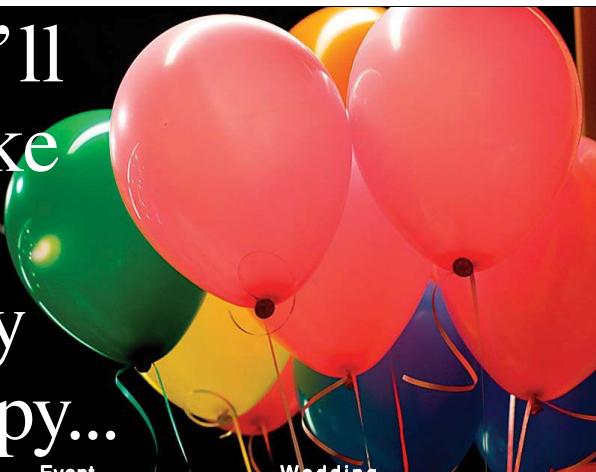
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Portuguese researchers have concluded that a sage derivative extract found widely in the d'Aire e Candeeiros mountain ranges has revealed "enormous potential" as a treatment to improve the cognitive, functional and behavioural capacity of patients with Alzheimer's disease.

"Various extracts of the sage species that we studied have caused powerful inhibitions on enzymes related to Alzheimer pathology", said Amélia Pilar Rauter, director of the research group that belongs to Lisbon University's Chemical and Biochemical Faculty and who is leading the investigation, along with Jorge Justino, president of the administrative board of the Superior Agricultural College of Santarém (ESAS).

It was explained that now those extracts must be transformed into active principals that can be used in mainstream pharmaceuticals.

So far the investigation has proved the effects that the extract

has on two enzymes that can control the evolution of Alzheimer's.

For the researchers, two main advantages this extract offers is its low cost, its relevant biological activity and the non-existence of toxins.

According to reports, even a normal tea or infusion made from this plant could be beneficial in treating Alzheimer's.

However, researchers stressed the "urgent need" to discover more new substances that are "more efficient and less expensive than those used at present".

First studies into this plant were initiated in 1992, in a project whose results were revealed last year.

Homes worth less now than four years ago



Portugal is currently experiencing one of its most significant drops in home values. At present, property is worth less than what it was four years ago, having suffered a decrease in value of 4.6 per cent.

The average price per square metre of property, for apartments and villas, has fallen to an all time low of €1,186.

Only in 2004 did prices fall even lower, reaching €1,150 per square metre.

An additional drawback is that the lower a property is valued at, the less money a bank loans and at higher costs.

According to various experts, it is a sign of the impact the global crisis is having on the Portuguese economy.

On the one hand banks are raising the bar on credit con-

cessions in an effort to better control risk. On the other hand, the fall in property values shows it is becoming increasingly hard to sell smaller, less desirable properties.

In Portugal the most expensive square metres are in Lisbon, which are worth €2,005, followed by Baixa Chiado and the main Avenues. Cascais follows closely with each square metre of property being worth an average €1,762.

The price of property per square metre in Lisbon is 70 per cent higher than the average for the rest of Portugal.

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Divorce robs banks of €800m



According to latest data from the National Statistics Institute (INE), divorces are responsible for around a third of all outstanding bank repayments, meaning failed marriages are accountable for hundreds of millions of euros in unpaid debts.

During the first five months of 2008, Portugal's banks were owed 2.59 billion euros, an estimated 800 million pertaining to divorces, which translates into nearly two million euros a day.

INE data showed that in 2006, 23,935 couples divorced, mean-

ing that out of 100 marriages, 48 ended in divorce, nearly half of all marital unions, a figure which is also the highest in Europe.

This statistic is particularly discouraging for credit insurance companies, a significant market niche.

"The risk is very high", said Luís Marques, director-general of Genworth Financial, who also explained, "One third of all bank debt is due to divorce, the other two thirds being mostly caused by unemployment and illness".

Taxman makes surprise cameo at weddings

Teams of tax inspectors have started dropping in by surprise at wedding celebrations across the country, checking the party arrangements and respective payments.

Venue owners have been left enraged by these unexpected visits, during which they query a range of issues, from how many guests are expected to attend, what day the wedding is taking place on, how many people would be working during the reception, if they were on contract, if a deposit was made, who are the usual suppliers and/or caterers, etc...

One venue that was recently

inspected a few hours before a wedding reception said the taxmen's visit lasted around 45 minutes and that the team had been "abrupt and rather rude". The newlyweds have no idea the tax men are there.

"I think the idea was to cross-check our data with all the guest's income declarations and tax deductions", he said.

According to the unidentified venue owner, photocopies of all documents and paperwork were taken, along with an annual diary of bookings and events, along with the contact number for that day's newly-weds.

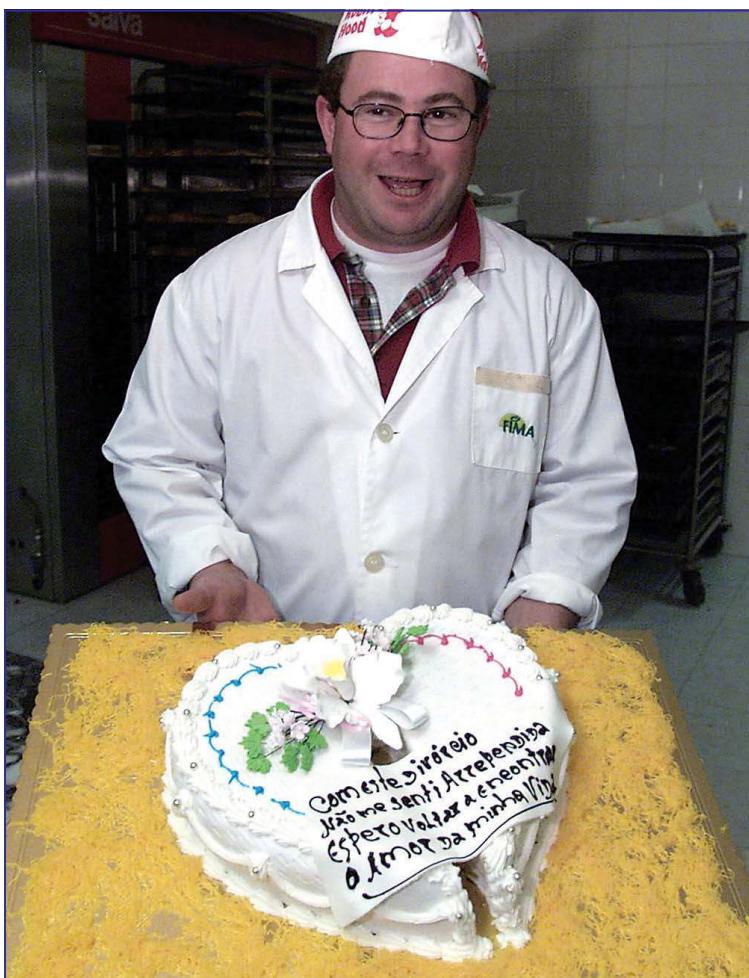
Event organizing, particularly concerning weddings, is per-

ceived by the tax office as a 'high risk' sector involving high quantities of money, entailing numerous services rendered and facilitating tax evasion.

According to estimates, a wedding in Portugal has an average cost of €20 thousand.

The wedding industry in Portugal, in total, is believed to be worth an annual one billion euros.

For the past three years the DGCI, Portugal's tax board, has been sending out enquiry forms to newlyweds where all information relating to their ceremony, from where the dress was bought to if a photographer was hired, is asked for.



Pastry Chef Rui Martins laughs as he presents the 'Divorce Cake' which he created at the Riveira Bakery in Fátima. (Photo: Lusa / Paulo Novais)



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Portugal urges cease-fire in Georgia-Russia fight



Portugal this week appealed for an immediate cease-fire in the fighting between Georgian and Russian forces in the breakaway region of South Ossetia, saying the conflict affected "regional and international stability".

"It is urgent to stop the aggravation of the humanitarian crisis and allow the creation of conditions for an adequate response by the international community, namely in the framework of the United Nations", the Foreign Ministry said in a statement.

Lisbon said it backed the French

TPN/Lusa

Police announce arrest of three foreigners in Madeira

Madeira's PSP command has announced the detention of three foreigners on suspicion of swindling and mugging elderly and weaker people, mainly in the vicinity of banks and ATM machines.

According to a press release emanating from PSP-Madeira, during the operation two Bulgarian women, aged 40 and 18, were detained, both having previous criminal convictions from all over the country, namely Cacém, Almada and Ponta Delgada.

They were detained for allegedly taking €5,500 from an elderly woman in a devious manner after she had withdrawn money from an ATM machine.

The alarm was raised by the aged victim after she realized her wallet with the money in it was missing. She had been giving information to the two foreign

women who were holding a large map and must have taken advantage of the momentary chaos to distract the elderly woman taking her wallet from her handbag.

They made an attempt to flee Funchal in a taxi, but were intercepted by police near Câmara de Lobos.

In connection with the same investigation, a third suspect was intercepted, a 17-year-old Bulgarian who is "implicated in crimes carried out by his relatives, who make crime their way of life". All three foreigners were heard by the authorities and courts and await the outcome of their hearings.

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Local residents leaving Tskhinvali, the capital of South Ossetia, Georgia on Monday. Russia's ambassador to NATO asked Monday to meet the alliance's top officials over the crisis in Georgia and rejected any criticism of its country's actions, drawing parallels with NATO's bombing raids in Serbia in 1999. (Photo: Lusa / Yuri Kochetkov)

Businessman accused of supplying 'super-boats' for drug trafficking



A Portuguese businessman was detained in Spain accused of being the "main supplier of super-boats" to organized drug trafficking rings following a joint effort between Spanish and Portuguese police.

An investigation carried out by the Guardia Civil de Pontevedra (Galiza, Spain) and the GNR of Valença (Portugal) resulted in the detention of the man who is believed to have supplied powerful boats which were used to ferry drugs between the Iberian Peninsula and Northern Africa.

Four Spanish citizens

were also arrested in connection with the investigation.

Identified as Carlos A.P., the Portuguese businessman has a factory in Cerdal, Valença, and is also believed to be involved with supplying vigilante transportation used during the trafficking and its respective distribution.

During the year-long investi-

gation the individual, who has no previous criminal convictions, was responsible for producing and supplying 25 vessels.

Equipped with four or five engines, the speedboats were designed to travel between Morocco and Barcelona, at high speed, generally carrying up to three tonnes of hashish.

TAP should survive fuel crunch - report



National airline carrier TAP Air Portugal is among a group of nine airlines with specific qualities to "survive" soaring fuel costs, while other carriers including Alitalia face a more uncertain future, according to a recently published report.

More than 50 airlines are in danger of disappearing due to cost pressures from rising oil prices. British investment bank Blue Star Securities said in its report on the aviation industry.

Margins of ten percent and more are being wiped out by climbing fuel prices and many carriers do not have such room for manoeuvre to start with.

An 'A-list' of airlines comprising British Airways, Lufthansa and Air France-KLM have enough financial muscle to

tough out the current fuel crisis. Low-cost operators like easyJet and Ryanair are forecast to remain operating.

TAP, Iberia and Aer Lingus are medium-sized airlines with long-haul niche markets and other geographical advantages meaning they are likely to remain in business, but another group of 51 carriers are at risk of folding.

Among these are Alitalia, SAS, LOT and possibly Virgin and Monarch, the report predicted.

TPN/Lusa



A TAP aircraft landing at Lisbon airport. (Photo Lusa / Tiago Petinga)

TAP sets new passenger record

National flag carrier TAP has set a new record for the number of passengers it transported in one day. On August 1st the air-

line transported over 33,000 passengers in 24 hours.

According to a press release from the company, it is a six per-

cent rise in relation to its last maximum, recorded on August 11th 2007 when it carried 31,714 passengers.

This year, on August 1st, TAP transported a total of 33,464 passengers in one day.

Due to this new record the

company brought forward its goal of transporting five million passengers in one year, which was initially predicted to be

reached at the end of this year, to the beginning of this month.

Last year this target figure was reached at the end of August.



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Portuguese using holiday subsidies to pay debts



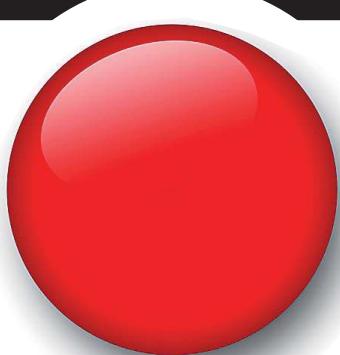
A notable image in Nazaré with women on the pavements displaying notices advertising holiday lets. The rules concerning this type of activity have now changed and Nazaré City Hall are keen to train women to help local tourists in this way. (Photo: Lusa / Paulo Cunha)

Opening soon: A digital library for Europe



Europe's cultural diversity in books, music, paintings, photographs, and films open to all citizens at the click of a mouse via one portal – this dream of a European Digital Library could become reality this autumn.

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According to a European study commissioned by various Portuguese media groups, the majority of Portuguese are using their holiday subsidy payments to settle pending bills. Only 26.7 per cent of the population use that money to pay for a few days' leisure.

Of those questioned for the survey, 34.6 per cent said their employers did not pay holiday subsidies, and 6.7 per cent said they did not know or would prefer not to answer.

Of the 58.7 per cent that do receive the holiday 'bonus', 70.3

per cent used the extra cash to settle outstanding expenditures.

The study, commissioned by *Radio Renascença*, newspaper *Expresso* and TV channel *SIC*, telephone-interviewed 1,023 individuals between July 23rd and 29th this year, aged 18 or over.

Cash prizes for Portugal's best students

Portugal's Ministry of Education is distinguishing the best student of every secondary school in the country, completing their last year of schooling in scientific-humanistic courses, as well as professional or technological courses, with a cash prize of €500, both this year and in years to come.

According to a statement posted on the Ministry's website, and quoted by national newspaper 'O Público', the objective of this reward is to "recognize and give value to the merit, dedication and effort in the students' work and school performance".

It goes on to explain that the prize will be given to each of the nation's schools, private and public, as well as institutions of professional training".

The prizes will be ceremoniously presented on Sep-

tember 12th, which will be officially entitled Portugal's first 'Day of Diplomas'.

Each awarded student's name will be published in every school around Portugal, on regional education boards' websites and the Ministry's official homepage.

Final grades will be rounded off to the nearest decimal, and in the case of a tie, it will be given to the student with the best grades in specific training, as happens with grades in the Portuguese language.

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Portuguese use bank cards one million times a day



Data released this week by card payment institution Unicre for the first half of this year has confirmed an increasing trend of Portuguese using their bank cards as a preferred option of payment. The biggest rise has been among credit cards, which recorded an increase in their use to 9.5 percent up until June 2008.

Over the first six months of the year, transactions involving national bank cards in the country totalled 7.5 billion euros, an increase of 8.5 percent in relation to the first half of 2007.

The number of transactions made using a Portuguese bank card averaged a total of one million a day, while cards were used to make payments amounting to 41.2 million euros per day.

While the overwhelming majority of payments were made using debit cards (70 percent), use of credit cards is rising, now representing 9.5 percent compared with 7.1 percent a year ago.

This follows the revelation that Portuguese use their bank cards more than any other European nation to pay for purchases. Of all purchases made in the coun-

try during the course of 2006 (the most recent figure), almost two-thirds (63.3 percent) were paid for by either credit or debit cards, placing Portugal at the summit of European card users.

With this total Portugal is the leader among the 27 European Union states, narrowly beating Denmark and Sweden into second and third places, respectively.

These findings were made by a special research team who conducted a survey on card payments commissioned by the European Central Bank for all transactions performed last year.

A total of 763 million payments, totalling 25.2 million euros were made using debit cards in 2006. Credit cards, on the other hand, were used to cover pay-



One of the thousands of Multibanco cash machines distributed throughout Portugal. (Photo: Lusa / António Cotrim)



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ments of 343.8 million transactions for a total of 15.1 million euros.

After bank cards, Portuguese prefer cheques to make payments, with roughly one in six of all transactions made using this method of payment, placing it fifth overall in the enlarged European Union.

Meanwhile, SIBS, the company that manages electronic operations of debit and credit cards, said the highest number of transactions ever with international cards, both for withdrawals and payments was recorded in Portugal last August, with expectations high that this figure will be surpassed this year.

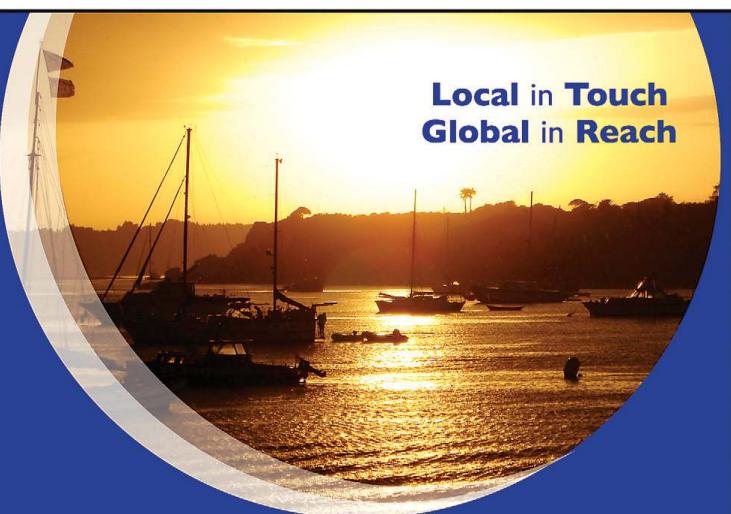
More than two million withdrawals, totalling 260 million euros were made at automatic teller machines across the country last August, which was 24 million euros more than the same month in 2006.

The number of payments made, rose from 3.5 million transactions to 3.8 million, which corresponds to a monetary value of 300 million euros.

Lisbon and Albufeira, followed by Loulé and Lagos are the cities where the highest number of transactions with foreign cards were recorded, with more than 400,000 withdrawals totalling 55 million euros.

In the Algarve, one in seven withdrawals during the month of August was made with a card issued outside of Portugal.

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Ryanair cancel online bookings



President of Irish no-frills airline Ryanair, Michael O'Leary, holds a flag of the Spanish northern Cantabria region and a 10 Euro sign, on 20 November 2007 at the Parayas airport in Santander, Cantabria, where he landed in a company plane to commemorate the arrival of the one millionth passenger to the airport. (Photo: EPA/Alberto Aja)



British travel agencies and consumer organisations have this week criticised Ryanair's cancelling of thousands of reservations that were made via the Internet.

The low-cost company decided to cancel thousands of reservations that were made through price-comparison websites, considering it "illegal" that other websites offer the facility of making Ryanair reservations.

Spokespersons for UK consumer rights and travel industry associations have voiced their surprise at the action.

According to British travel agency PA, the Irish company has already instigated legal action against Italian online operators Bravofly as well as the German V-Tours company. It is also said to be considering action against a number of other European operators to put an end to websites that allow users to compare various airline and low cost company ticket prices.

According to Ryanair, these online set-ups are providing users with "wrong information and charge high taxes".

Ryanair has pledged it will compensate these sites, which in turn are responsible for informing clients of the cancellations and giving back their money.

Rochelle Turner of PA, which is responsible for the "Which Holiday?" magazine, said, "We are worried about Ryanair treating its clients like this", particularly during a time when "people have difficulties in affording a holiday abroad".

"With this attitude Ryanair is just penalising its clients and harming its reputation", said Sean Tipton, of the British Travel Agency Association.

EU increases access to aviation security rules

The majority of rules relating to aviation security will be made available to the public, the European Commission has revealed.

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Portugal-info has been active since 1997 and is a unique network where browsers can find everything they need to know about Portugal. The answers to discount hotel rates, property for sale, and cheap cars for rent. Comprehensive sites provide essential information in English on subjects such as the Algarve, Golf and Property. Portugal-info is all about business. If you need new clients, you need to be included in the network. The figures speak for themselves:

Total Unique Visitors per site for 2008 - January to July:

www.portugal-info.net	1,006,824
www.portugal-info.com	73,318
www.algarvegolf.net	166,796
www.algarve-info.com	195,216
www.property-algarve.net	20,706
www.portugal-rentals.net	10,045
www.portugal-rentacar.net	8,190
www.portugal-golf.info	39,424
www.portugal.bz (new)	6,743

which represents a total of 1,527,262 Visitors interested in Portugal so far this year

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Cape Verde says it has no plans to ban land sales to foreign investors

The Cape Verde government has denied reports it intends to suspend the sale of land to foreign developers in an effort to discourage property speculation.

Economy Minister Fatima Fialho told national radio last week that a newspaper report claiming the Praia Government would block land sales in an attempt to crack down on speculation "did not correspond to the truth."

The report in question had appeared in weekly newspaper A Semana, where Alexandre Fontes, chairman of Cape Verde Investments, said the government would stop sales of land to foreigners to "preserve the islands' greatest richness, the land."

The government's rational for this move, argued Fontes, was in reality to curb the activities of speculators in a real estate market that has significantly heated up in recent years.

But Praia's Economy Minister denied that any such measures to restrict land purchases are planned, adding: "The policy of this Government is to promote foreign investment and negotiations with each promoter will continue to be the same. Every time there is an investor proposal, either national or from overseas, it will be analyzed."

Meanwhile, the head of the islands' Association of Tourism Real Estate Promoters, Olavo Correia, said any official ban on land sales would have serious consequences for the sector.

TPN/Lusa

EU foresees above average cereals harvest for 2008

Favourable weather conditions and an increase in the planted area farmed should lead to a total cereals harvest close to 301 million tonnes for this year in the European Union, 43 million tonnes more than in 2007.

This represents an increase of 16 percent on the 2007 harvest and nine percent on the past five years' average production.

This forecast, published today by the European Commission, is based on an updated analysis by the Commission's in-house scientific service, the Joint Research Centre (JRC), using an advanced crop yield forecasting system.

The yield forecast for cereals is five tonnes per hectare across the EU and thus significantly higher than last year and the average over the past five years. The total EU27 area used for cereals in 2008 is estimated to have increased by five percent compared to 2007, due to a zero percent set-aside rate and high cereals prices.

Priest expels elderly woman from Mass after 'lighting up' in church

A 76-year-old woman was thrown out of the Encarnação church, on Lisbon's Chiado, during Sunday mass after she caused an interruption by lighting candles and was asked to leave by the priest.

According to the elderly lady, she went to "quietly light two candles by Saint Philomena" during the mass and did not notice a security guard standing next to her.

After the guard informed her she was not allowed to light the candles, she extinguished them, but not before the priest, who was giving Sunday mass, caught wind of the episode and interrupted his sermon to instruct the old lady to "put out the candles and please leave the church".

In return, she is said to have answered, "I will not leave. I have put them out as I was asked."

Pensioner Maria Manuela Leitão accuses the priest of "humiliating" her "in front of 80 people", and is considering making an official complaint to the Patriarch of Lisbon.

She also accuses the priest of having "two sides" regarding parishioners; "he forbade me from lighting candles in honour of a saint, but he doesn't complain when people make noise by dropping coins into the collection box".

A source from Lisbon's main Patriarch said, that whilst there are no official rules as to what can and can't be done during Mass, "it is down to common sense. There are things that should be left for before or after, so attention is not disturbed".



Phase one of re-filling and reinforcing Costa da Caparica's urban beachfront with new sand started this week and is expected to be complete by October 19th, this year.

With a €5.6 million budget, the first phase of the project will see the welding of a pipeline via which sand will be transported to the entire Caparica beachfront.

During the works the beaches will not be completely closed off to the public, just partially restricted for welding.

This scheme will target 11

beaches, from Praia da Saúde to Praia de São João, and will be carried out beach-by-beach.

Despite numerous complaints, given the busy time of year, a spokesperson for the INAG National Waters Institute said "these types of tasks can only be carried out at this time of year."

Trio detained for selling illegal slimming pills

One man and two women – one of which is the manageress of a well-known Lisbon-based restaurant – were arrested for selling illegal weight-loss pills. Four thousand eight hundred pills were seized in connection with their arrests.

This was confirmed via a press release from the Department for Combating and Trafficking of Drugs (DCITE), which also confirmed the investigation had been ongoing for "several months".

A DCITE source said that the main consumers were women aged 40 and up, of mid-to-high society.

"They didn't mean to purchase amphetamines, nor did they know they were buying them, they thought they were slimming pills. These women are not addicts", explained the source. According to an inspector, the 4800 pills came

from Brazil, from a clandestine laboratory, and were sold in unmarked boxes.

At present, Portuguese PJ police are working alongside another European police force, from a second EU country, on the suspicion that 48,000 of the same pills were produced somewhere in Europe. The two detained women, aged 50 and 43, both Portuguese and divorced, both lived in Lisbon and were employed at the restaurant and in the retail trade.

A 22-year-old man who made trips abroad to collect the pills was also arrested.

The tablets were described as "very strong stimulants that could cause heart problems and can even result in death. Besides that, they cause dependency and tolerance, meaning users would have to progressively up their doses to obtain the same results".



First development phase of the reconstruction of the Caparica coast, at Almada. (Photo: Migeul Lopes / Lusa)

Fewer 'Blue Flags' hoisted on Lisbon's beaches

This year Lisbon will see three of its 34 blue-flag-awarded beaches, Valmitão (Lourinhã), Calada and Foz do Lizandro (Mafra), stripped of their symbol of quality after they failed to meet award-winning criteria.

Francisco Reis, head of the Coastal Division for Lisbon and Vale do Tejo's Regional Development and the Coordinating Committee (CCDRLVT), which has a deciding role in assessing whether beaches are good enough

to hoist the coveted flag, explained "Conditions were not fulfilled".

In Lourinhã, problems relating to the instability of the cliff faces on the Valmitão beach lead the CCDRLVT to refuse a flag.

According to Francisco Reis, Valmitão "needs intervention to guarantee users' safety".

In Mafra, on the Calada beach, the flag is absent as "the concession closed and the beach was left unattended".

Truck driver in Lisbon motorway crash

On August 11th, a truck driver driving on Lisbon's IC17 road, en route to the motorway, and lost control of his truck. The accident occurred at around 17h25 and the driver was killed.

Traffic was interrupted for 45 minutes in both directions as the load of the truck had to be cleared away. The

road reopened at 18h10, but authorities were still waiting for a crane to tow the vehicle away.

Speeding has been presented as the most likely cause of the accident.

PSP Traffic Authorities and Emergency Medical Teams (INEM) were at the scene.

Sea parties at Cascais Bay

Daily shows, handicrafts, gastronomic samples and child entertainment are just some of the attractions of the Sea Parties 2008, taking place at Cascais' Bay between August 22nd and 31st.

Bringing top Portuguese groups and artists such as

Pedro Abrunhosa, Xutos e Pontapés, Ana Moura, Jorge Palma, Da Weasel, Just Girls, Real Companhia, Liza Veiga, Tennis Bar and Tony Carreira, the Sea Parties 2008 is set to impress. To add to the entertainment list, this year there are sailing initia-

tion courses, a photography competition and other activities for the public.

The traditional celebrations honouring Our Lady of Sea Sailors will take place on 31st August at 14h00; firstly on dry land and then taken to sea in an elaborate

ceremony.

Firework displays over the bay's beautiful skyline will be held every night after the concerts (22nd, 23rd, 24th, 29th, 30th and 31st August). Entrance is free, for more information visit www.cm-cascais.pt.

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Sintra kennels used as a dumping ground



One of the workers cleaning the packed kennels in Sintra. (Photo: Miguela Lopes / Lusa)



Sintra's municipal kennels are at bursting point due to the annual summer influx of animals, dogs and cats, who are abandoned so their owners can go on holiday.

Some are left tied to the kennel's gates, others are found roaming the streets, all have been abandoned by their owners, a crime that is punishable with fines between €500 and €3,740.

However in most cases those responsible remain unpunished, meaning that during this season, kennels across the country surpass their maximum capacity.

"What is happening in Sintra is the same as what is happening

in other kennels: everyone wants to go on holiday, but no one wants to take their dog", said Alexandra Pereira, Sintra Municipal vet.

Unfortunately, during this period and due to the huge flood of animals, in some areas up to 10 or 15 dogs are put down every day.

Alexandra Pereira believes that, despite the current economic crisis, lack of money is not responsible for the animal's abandonment.

Sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no math involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

5	6	7		8				
7				2				
			8	9				
3	7					9		
	8		9	3		2		
9					3		1	
			6	5				
	3					7		
1			4	6	5			

Last weeks solution:

3	1	6	7	5	2	4	8	9
7	2	9	6	8	4	5	3	1
5	8	4	9	1	3	6	2	7
4	9	5	3	7	6	2	1	8
1	6	2	5	9	8	3	7	4
8	3	7	2	4	1	9	5	6
2	4	8	1	3	9	7	6	5
6	5	1	4	2	7	8	9	3
9	7	3	8	6	5	1	4	2

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com

This week's crossword is on page. 65



DON'T BE
LOST!
SEE
PAGE 8



Will His Garden Grow?

Don left for the USA two hours ago. He'll stay there for 27 days. I'm not sure whether to sulk or to celebrate, but I can tell you that my mood is closer to the latter than the former.

"Pat, you're so lucky," my golf partner, Susana, said yesterday. "My husband never travels."

Of course I love my husband, but I also adore having time alone at home. I eat cereal for dinner, avocado for breakfast, sleep at one, wake at ten, and watch the Olympics on Euro sport in Portuguese (He has never learned the language). I'm free from his garlic and steak

scent for breakfast (Atkins diet) and his musk incense that gives me migraines.

But there is one problem: his garden.

Don has an undisputable green thumb. Mine bends back uncomfortably and doesn't even manage to keep cut flowers in bloom after two days. I made an effort to garden two years ago. I planted some seeds in a pot beside his verdant jade plant. Every day I watched my pot for signs of life. And every day I saw soil and no growth. Then one day I felt jubilant. Little sprouts peeked out from the well watered dirt.

"Don, "I said jubilantly. "My flowers have started to bloom.

Then the bloom left me. "Oh, he said, "I put an envelope of spring seeds in your pot." And I never gardened again.

Until Don's trip loomed, and the touchy topic of the garden resurfaced.

"Don't worry about the garden while I'm away" Don said gently at dinner two days ago.

But did he really mean it?

The night before he left I found

Westheimer

Coke bottle included. Then Coke bottle or not, there are instructions not only to water but how: "Sliding the right hand window is a bit tricky because it automatically closes when you close it; and if you have the water can (or Coke bottle) in your hand, it is hard to open it. ... I have learned it is better to set the can or bottle down on something before sliding the right hand window..."

I won't burden you with even more detailed directives. I did tell Don that I might ask for help from my gardening savvy friends Roger and Stuart. He didn't answer which is Don's way of signaling that he doesn't approve of my idea.

But Don is gone, now winging his way toward Philadelphia. And I am home alone with my two dogs in Cascais. Until Stuart and Roger arrive for lunch.

patwestheimer@gmail.com

Vanessa da Mata shines in Vilamoura

On Friday 8th, Vanessa da Mata, promising Brazilian singer, performed in front of two thousand people at the Lake Resort in Vilamoura, part of the Allgarve Edition '08.

Having sung some tunes from her third album 'Sim' and some better known songs by Portuguese, mainly from soap operas, the most awaited part of the night was when she sang 'Good Luck/Boa Sorte', the famous

duet with Ben Harper. Without his physical presence, Ben Harper's pre-recorded voice accompanied Vanessa da Mata throughout the song, with the public also singing from beginning to end.

Loulé Council still has two more concerts programmed this year for the Allgarve Edition '08, on 23rd it is Rui Reinhin at Grande de Alte Fountain and on 29th Mariza will perform at Vale do Lobo.

Algarve news in brief

Algae in Quarteira River not harmful to health

A team of specialists and maritime authorities have analysed the algae that recently caused alarm when it invaded Quarteira's coast, near the Falésia beach, and have concluded that they do not pose any harm to public health.

A source of the Regional Development and Coordination Committee said it was a species of algae that "is completely harmless to man", and would die off in a few days without requiring human intervention.

Specialists immediately ruled out the possibility that the algae originated from the residual water treatment station (ETAR), which is situated on the river bank.

Whilst authorities admitted the algae may spread into the sea, they stressed there is no risk to human health.

Armação de Pêra goes sport crazy

Pescadores Beach at Armação de Pêra is going to be the central hub for some of the best beach sport competitions this summer. On 16th and 17th August the final of the National FootVolley Competition is being held, followed by the first Beach Tennis tournament on 23rd and 24th, finishing with the International Beach Volleyball competition on 30th and 31st.

All events are being organised by Silves Council's Sport Section and promise to bring exciting moments to all spectators. Armação de Pêra is focusing on these events to entertain beachgoers whilst providing new alternative sports, promoting them during the busy summer season.

The volleyball competition has some of the best doubles in the country competing for the prize money.

The foot-volley, a cross between football and volleyball, competition will also attract some of the best teams in Portugal.

Calling all football fans

CP, Portugal Trains, is going to have two special regional connections this Saturday due to the football clash of the titans between FC Porto and Sporting, at the Algarve Stadium.

The station located close to the Stadium was built for the Euro 2004 to avoid traffic congestion of the surrounding roads of the stadium and will be used again for the same purpose. People deciding to drive to the game will have free parking at the station's park as well as surrounding areas. The rail transportation company also has special connections for the Olhão Shrimp Festival, which is being held until 16th.

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Vanessa da Mata performed in front of two thousand people at the Lake Resort in Vilamoura.

Man murders cousin in taxi-boat battle

Bad blood between relatives and profession rivals culminated in a 47-year-old man allegedly shooting his 30-year-old cousin after the latter reportedly 'persuaded' clients to use his taxi-boat service and not his cousin's; a service that costs €25.

But, reportedly, tensions between the two over family issues had been intensifying for years, worsened in recent times after they became professional rivals, insulting and threatening each other over taxi-boat runs on the Ria Formosa, generally between Olhão and Farol Island.

Thirty-year-old Leandro Reis was shot twice by a shot gun, once in the chest and once

in the head, at around 23h00 on Saturday night.

According to locals the suspected murderer, 47-year-old José Lopes, Leandro's cousin and owner of Taxi Mar, was unable to forgive his cousin, owner of rival company Taxi Praia, for once again 'stealing' his clients.

José Lopes is believed to have followed his cousin in his boat and, when Leandro was alone by

the Olhão docks, he shot his cousin twice.

José Lopes was preparing to turn himself in when he was detained by police, and now faces up to 18 years in prison.

The victim's grandfather described Leandro as a "polite, hard-working grandson and no one had anything bad to say about him. He died working, the victim of jealousy from some-

one who had fewer clients than he did".

Leandro lived in Olhão with a Brazilian companion and a seven-year-old child.

An uncle told how "months ago the family warned the Port captain how he was being provoked and being threatened and would be shot and killed".

The relative claims Port authorities "ignored the situation".

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Vale do Lobo celebrates new corporate identity to the sounds of Abba



Bjorn Again will be dancing the night away at Vale do Lobo on August 16th.



Bjorn Again and DJ Ravin are the main highlights set to perform at the Vale do Lobo Summer Party on Saturday 16th August

As Vale do Lobo embarks on an ambitious rebranding process, it will officially showcase its sophisticated new corporate identity on 16th August at the eagerly awaited Summer Party. In what has become one of the most prestigious social events of the region, exclusively by invitation, the party's main attraction this year is a performance by Bjorn Again – the world's best known Abba themed band – followed by the appearance of DJ Ravin of the Buddha Bar in Paris and many other surprises. The evening will also toast the recent exciting changes that have been occurring at the resort as it embraces this new era, with a celebratory theme running throughout. The event this year will take the shape of an after-dinner party, featuring a splendid line-up of musical and entertainment acts, along the grassy banks of the beautiful lake by the resort's Golf Club, in true celebration of the Summer. As in

previous years, it represents the epitome of glamour and is held exclusively for property owners and guests of Vale do Lobo, attended also by numerous familiar faces from the Portuguese social and political world, international sportsmen and celebrities who own property in the resort. Bjorn Again was founded in 1988 in Melbourne and has achieved worldwide cult status, performing at over 4,000 shows in 60 countries over the last 20 years. The band was recently endorsed by Abba's Agnetha Faltskog. DJ

Ravin is one of the most successful DJs of our time, a legendary figure on the Paris music scene and has a string of the ultra-popular Buddha Bar albums under his belt. His signature style blends chill-out sounds with energetic music. The Vale do Lobo Summer Party commences at 22:00h and will continue until the early hours. The event includes many surprise entertainment features, an open bar service and canapés served throughout the night. It promises to be a party to remember.

Albufeira welcomes airfestival

Albufeira's blue skies will host an Air Festival this Sunday 17th. High speed aerobatics performed by talented pilots will have the crowds ducking for cover as they perform extremely close fly-bys.

The skillfull aerobatics will take place between Peneco beach and Oura beach, with eight Portuguese and six Spanish pilots, in fourteen planes, exhibiting

their death defying stunts. The models of the planes are Sukhoi-26, Yakolev-52, Pitts-S2B, Pitts-S1C, Pioneer 300 and Extra 300S, and Extra 300L.

The air festival is not only about speed as pilots fly at very low altitudes at over 400 km/h, requiring very quick reactions and outstanding precision, the reason why the pilots are all hand picked for the event.



Salvation Army Concert in Vale Judeu

On Saturday, August 16th at 8pm the International Evangelical Church of the Algarve in Vale Judeu (on the EN125 near Vilamoura) opens its doors for a special

'EuroMusic 2008' concert of the Salvation Army. This concert is the grand finale of the European Music School that the Salvation Army organised this summer in the Algarve. Musicians from

more than seven European countries will arrive in the Algarve for a week full of music and fellowship.

Brass bands, choirs, and dance groups from different European

countries will perform during this festive evening. Everyone is welcome and admission is free.

For information, call 916 228 225.

Dr John Piper MB, BS, FRCS

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For more information about this appeal please contact David or Celia Mossman on 282 332 665 or email dacemoss@sapo.pt

Please deliver backpacks to Castelo dos Sonhos in Silves or the Hotel Garbe in Armacao de Pera between 21st August and 5th September, 2008.

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Sir Cliff makes cameo on Kiss FM



Listeners of the "Solid Gold Sunday Show" on Kiss FM were pleasantly surprised when Sir Cliff Richard joined DJ Sir Owen Gee for a couple of hours last Sunday.

Kiss FM were the first to celebrate Sir Cliff's 50th anniversary in show business. His first release was 'Move It' which hit the record shops on 12th September 1958. Since then he has had hit after hit in all the decades up to the present time and is still regularly performing live to sell out audiences wherever he goes, making personal appearances and making new recordings.

Owen played various hits from the past and Cliff chose some of his later tracks that were featured in what was, without doubt, a fun time.

Sir Cliff was delighted to be presented with a cake by station Owner Paul Buick with Kiss FM logos and "Congratulations - 50th Anniversary". He was also given a dozen fresh quails eggs by an avid listener and fan.



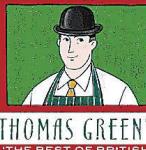
Paul Buick from Kiss FM with Sir Cliff Richard. (Photo: Supplied)

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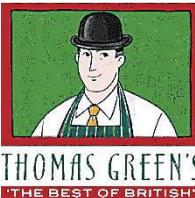
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Portimão 'booming'

Last year's events in Portimão, such as 'Sasha Summer Sessions', the 'Sardine Festival', 'Breitling Med Cup' and others, generated over €32 million for the council. A study carried out by the Algarve University Study Centre, requested by Portimão Council, sought to see the economic impact these events had on the council.

The New Years Eve parties brought in most of the council's earnings (€18.6 million) and, according to the study, 66.3% of the people visiting considered Portimão as a 'Good' or 'Very Good' place for the occasion.

"Sasha Summer Sessions" parties, which started in 2007 and are currently being held this year, had an economic impact of €9.5 million, with 80.5% of the visitors considering the event to "have met or exceeded all expectations". These parties also raised the search for Portimão as a holiday destination with 53.2% of Sasha's visitors only choosing Portimão due to the renowned 25 nights of parties.

Interviewed by Portuguese news agency *Lusa*, Portimão Mayor Manuel da Luz said these events have the biggest impact in restaurants, as well as "having effects on the purchase of a second home." He says he is committed in making Portimão "the most competitive city in the (Algarve) region" and believes it is a city with unique characteristics. "We have to take advantage of the sea and the river for sailing competitions, the beach for Beach Football Competitions" he exemplified. Other examples are the night life entertainment, like Sasha, major musicals, such as Jesus Christ Superstar, which in Manuel da Luz's eyes is "bringing Broadway" to the city as well as the creation of public spaces to make people feel welcome. Anchor projects such as the Sport Complex, an Aquarium on the riverside and the Algarve International Race track are signs of the changes; besides attracting new people to the area, these projects also have as their objective to make Portimão a year round attraction.

Algarve politician accuses cable TV of discriminating against the Algarve

Politician Mendes Bota, head of party PSD/Algarve, has accused cable TV company Zon TV Cabo of discriminating against the Algarve by denying viewers the same number of channels that other regions in the country have in its 'Funtastic Live' package.

Mendes Bota sent a letter to the ANACOM National Communications Authority in which he asks that Zon TV be penalized and for them to give their opinion on the matter.

For clients in Lisbon, Oporto,

Coimbra and south of the Tagus, ten additional channels are included in the package, which are not available in the Algarve.

Furthermore there are four channels in the general set up, of which only one is available in the Algarve.

"Has this package not offered 70+10 channels to Lisbon, Oporto and Coimbra, whilst the Algarve only has access to 70 channels?", he wrote.

"Is it or is it not true that since May a further four channels were incorporated of which only one is

accessible to the Algarve?" he questions. Questioning the reasons that could "justify how the same price can be charged for a product that is sold in different quantities to different regions of the country", Mendes Bota appealed to ANACOM that they "investigate and clarify".

In response, Zon TV Cabo denies its 'Funtastic Live' package discriminates against viewers in the Algarve, and guarantees their objective is "to give the same service to all clients".



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Madeleine McCann

SIR, I am sure that I am not alone in becoming increasingly irritated by the McCann publicity machine which appears intent on blaming the Portuguese Police for the disappearance of their daughter Madeleine.

I am a retired lawyer who when in practice was qualified as a Solicitor in the United Kingdom and an Avogado in Portugal. Of course the Portuguese Police are not perfect but faced with the disappearance of a four-year-old girl and subsequent worldwide pressure, which appears to have been initiated by the McCanns, they appear to me to have performed in a perfectly reasonable and proper manner. Further, they have had the courage to release speedily details and the files relevant to their investigation. In England the files would not be released for thirty years, if at all.

I wonder if the McCanns and the media's endeavours to blame the Portuguese Police is because they appreciate that the ultimate responsibility for the disappearance of their daughter was the fact that they left their three very young children unattended in a strange room in a strange land.

In my view any reasonable parent will conclude, as I do, that the ultimate responsibility for Madeleine's disappearance must lie with her parents. To leave three children under the age of five alone without supervision in a strange room in a foreign country so that the parents could enjoy dinner with their friends is, in my view, irresponsible. It is all very well to say that the children were visited every half-hour but it must

be a terrifying ordeal for a young child to wake up from a nightmare and start crying for its mother and then have to wait for at least a further 25 minutes before any comfort was available. When my own daughter was the age of Madeleine she was never left without there being a responsible adult within the immediate call.

While I have every sympathy with the McCanns over their tragic loss it is high time they accepted that had they not abandoned their children while partying with their friends their loss would not have occurred.

H. H. MAINPRICE, Loulé

Madeleine McCann (2)

Shame on the Portuguese police for their UTTER incompetence and on the Portuguese people for tolerating their massive desertion of duty in the Madeleine case, and for consuming all the media lies surrounding this terrible crime.

I've just watched a TV documentary reviewing the 1st year of Madeleine's disappearance and am appalled, utterly appalled and sickened to the core by the Portuguese failure even to come close to performing a proper job in pursuing Madeleine's safe return.

Shame on you for all the pain you've caused the McCann family. Shame on you for leaking state-

ments and taking the publicity away from the European Amber Alert initiative and thus placing more children at risk. Shame on you! Shame on you!

Frederick, by email

Ref. My letter 'Never Paint Again'

SIR, Thanks for the e-mails from persons with similar problems to mine....I have also been contacted personally by another two house owners, so the list is growing. Unfortunately first con-

mail address undisclosed...I never thought of the 'spam' consequences.

Besides this I congratulate you on the fact that you are prepared to use your paper to fight for the rights of your readers...the press should be fair and balanced and divulge information that could be unpalatable to some...well done.

BOB AYRE, By e-mail

An Insignificant Memory

It is still here that Sunday of yore, floats on the edges of my memory, I better record it before it sinks into the sea of evanescence

It was a day of great clarity, a moment that held no worries and had no tomorrows it would have been, I see now, a day to die for.

As mother made dinner I went for a walk in familiar streets, ended up outside my aunt's house, she looked out and asked me up.

We drank coffee, ate home made chocolate biscuits and smoked cigarettes, aunt never got fat and lived a long healthy life.

Strolled down to the docks, translucent sea where fish swam about, slowly, they knew it was Sunday, fishermen's day off.

In the town's park I looked up and saw sunlight drip gold from transparent, green leaves, and knew I witnessed a wonder.

Hasted home, I knew every house in my town, those who lived in them too; life was easy then when I could run like the wind.

JAN OSKAR HANSEN

tacts made with Deco indicate that we have very little chance to process 'Four Seasons'... as the contributor of the first letter sent on the subject in last week's issue indicated.

Thank you for your attention and the fact that you kept me e-

Thanks to the Bombeiros

SIR, Through your paper I would like to thank the Bombeiros of Silves and Messines, who along with the helicopter crews were very quick on site when a bush fire struck the area near Canhestros and Gregorios on Saturday, 2nd August. I am sure that but for their dedication and long hot hours of work the result could have been much, much worse than it was.

Thank you Bombeiros, you are stars. On behalf of all local residents.

JOHN CURRELL, By e-mail

What DID the G8 Summit achieve?

SIR, On reading through the copious minutes and summaries of the G8 2008 Summit in Japan, it soon became very apparent that in spite of the plethora of words, very few meaningful decisions were made.

The most disturbing decision that was made was to delay reporting on progress on water and sanitation until next year's summit, by which time 2.4 MILLION MORE CHILDREN WILL HAVE DIED as a result of poor sanitation. The summit acknowledged that almost

10million children under the age of five continue to die every year, mostly from preventable diseases. Is this how they help deal with it?

The Economist used the headline - 'They came, they jawed, they failed to conquer, describing the summit as a mountain-top gabfest providing a spectacular show and a long guest list but few answers to the woes of the world.

Michael Grubbs (Carbon Trust) called it an abdication of responsibility. Peter Grant, Tearfund's National Director, who attended the summit, said it had failed to illustrate the leadership that is required. This just a small selection of many similar commentaries on the G8.

Here is one more, from Director General Teri, chairman of the IPCC. This summit leads to the conclusion that the rate of progress on critical issues between successive summits is questionable. The leadership of the richest countries in the world needs to reflect their responsibility to the global community at large and the expectations that are aroused, which call for bolder measures and major changes in the interest of protecting the planet and all species living on it.

Consider how much money

was spent to put on this Summit – flights, hotel bills, security, no doubt all first class – and then consider what could have been done with just a fraction of this to help those developing countries who so badly need it.

The word **priorities** comes to mind.

TONY & LOIS HERRINGTON, By e-mail

Lavery better than Ross

SIR, I haven't bought a copy of The Portugal News since dear old Sgt. Ron Lavery was telling us about making concrete in his National Service days. At least Ron is entertaining.

Now there is a more unpleasant correspondent in the name of one James Ross. Pontificating about 'unitive conjugal sex' and 'Angelism' – whatever that is – he trots out the same old bigoted rubbish about homosexuality. Jesus never said "In the beginning God made them male and female." That's in Genesis.

I have a horrible feeling Ross and I attend the same church in Estoril, But I haven't seen any 'stuffed shirts'.

CARL TAYLOR, Monte Estoril

Charges, from p.1.

The idea, while it has been widely modified, is not new and former Prime Minister and Lisbon Mayor Santana Lopes almost had congestion charges in place in 2005.

At the time, these charges were justified as a means of reducing the nation's dependence on fuel and relieve major cities of traffic congestion, though never came to pass as Santana Lopes was ousted from power that very year.

Elections next year could again stop the proposal, which promises to be widely unpopular, from coming into force.

While the plan to reduce congestion in Portuguese cities has been made official this week with the publication of details in the Government Gazette, officials have admitted the earliest congestion charges will be applied on motorists in cities such as Lisbon and Oporto in 2009.

Under the plan published this week, motorists will be penalised when driving alone, while vehicles carrying numerous passengers will be charged reduced rates or be exempt of tolls and congestion charges.

In addition, special lanes, such as those reserved for public transport vehicles will also be seen as vehicles with high occupancies.

The primary justification behind these moves is a bid to improve public transport infrastructure, with the extension of subway lines top of the agenda.

"The essential objective is to defend the health of all of us. We have serious air quality problems in the Greater Lisbon and Oporto areas. Studies have been conducted for these two regions and potential measures have been presented. Authorities will now decide which of these measures to apply", the State Secretary for the Environment Humberto Rosa explained.

The Government has meanwhile indicated that moves to finalise congestion charging and new toll fees will have been decided upon before the end of the first half of 2009, where after a schedule to put them into practice will be revealed.

In the meantime, the Government has said that an immediate priority will be to improve public transport infrastructure, with the extension of subway lines top of the agenda.

Back in 2005 when the idea first arose, the Government announced that it was in favour of congestion charging, but said it would only be introduced in the Portuguese capital if receipts were used to improve the public transport network, as is the case in London, and a similar argument is expected when these charges are eventually announced in Portugal.

358

Portuguese for all

Na lição de hoje vamos trabalhar com alguns textos sobre as memórias da infância de algumas pessoas.

Até à próxima lição, Emilia Rosendo.

Exercise: Put in the 'Pretérito Imperfeito do Indicativo' of the verbs in brackets.

❖ Eu _____ (viver) no campo e _____ (ter) muitos amigos. Quase todos os fins-de-semana nós _____ (fazer) piqueniques, _____ (andar) de bicicleta e _____ (nadar) no ribeiro.

❖ Eu _____ (ser) filho único, por isso não _____ (haver) muita animação em casa. Eu _____ (costumar) ir à casa de um amigo meu que _____ (morar) perto de mim. Nós _____ (passar) muito tempo juntos: _____ (jogar) à bola e _____ (conversar).

❖ Eu _____ (gostar) muito de ficar em casa. Todos os dias eu _____ (desenhar) ou _____ (ver) filmes de vídeo. De vez em quando, duas amigas mais próximas _____ (visitar) -me e nós

(falar) sobre aquilo que mais nos _____ (preocupar).

❖ Eu _____ (ir) frequentemente para a casa dos meus avós. Eles _____ (viver) numa pequena quinta e lá nós _____ (tratar) das árvores, _____ (apanhar) fruta e _____ (dar) comida aos animais. Eu _____ (ajudar) a minha avó a fazer uns biscoitos que _____ (ser) uma autêntica delícia.

❖ O meu pai _____ (gostar) muito de pescar. Quando o tempo _____ (estar) bom ele _____ (levar) -me com ele para o mar e eu _____ (sentir) -me muito importante. Normalmente nós _____ (chegar) a casa com alguns peixes e eu _____ (ajudar) a minha mãe a preparar uma óptima refeição... enquanto o pai, muito cansado da pescaria, _____ (dormir) no confortável sofá da nossa sala.

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Four wheel fun for the whole family



Fancy a day doing something a bit different? Spending quality time with the family doing something a bit more radical? Here is your opportunity to get the adrenalin pumping whilst seeing some of the Algarve's most stunning scenery, exploring the region like never before. Welcome to the fun world of Quad Biking.

There are three organised programmes to choose from; a pleasant 25 kilometre excursion, an exciting 40 kilometre trek, and an exhilarating, almost half-day 60 kilometre tour. All of the programmes lead through beautiful countryside that is refreshingly cool even in the hottest months.

Yousee, the thing about quad bikes is that, where horses are unpredictable, cars can stall and bicycles can be tiring, quad bikes are all terrain, comfortable to drive, and infallibly reliable, meaning you use little physical effort and get to enjoy every moment to the max.

Reaching speeds of up to 85 kilometres per hour, most of the treks are done off-road and take place around Lagoa and Silves, including round the castle and out to Silves' dams.

You will see parts of the region that would otherwise be inaccessible, drinking in incredible sights high on hilltops.

If you enjoy a challenge or are more experienced, a route to suit your level of comfort will be taken. If you are a less adventurous quad biker, not to worry, there are enough flat roads and smaller hills to go round.

If you don't want to go out as part of an organised tour and would rather explore on your own, the bikes can be rented independently (for a minimum of half a day).

The ten brand new quads, which can each carry two persons (a driver's license is required to drive) were purchased by Benoit de Grefe – otherwise known as Ben!

Originally from Belgium Ben has been in the Algarve for two years, where he has settled and started a family after years of travelling.

He has always been passionate about quad bikes, a self-confessed 'petrol head'.

After meeting Alessandro, of Parchal's 'Angel Pilot' (jet-ski and other 'alternative' transportation specialists) the two drew up a plan to introduce the western end of the Algarve to the joys of quad biking.

Angel Pilot has had a licence for quad biking since 2003, though never explored its full potential. So after meeting Ben, everything fell into place and since February this year Quad Biking has become one of the businesses most popular services.

A group of up to 20 people can be taken out at any one time.



By the river, in Silves.

Discounts on large group excursions are available.

Twenty-four hour's notice is needed to organise the quads, and trips can be made Monday – Saturday, or Sunday on request. No experience is necessary, it is fully insured, and all necessary equipment (helmets, goggles, etc) is supplied.

So whether you are on holiday or have lived in the Algarve for years, a quad bike trip will not fail to surprise you by offering new sights, new sounds, and a whole new experience. Who knows, you may even end up buying one of your own!

For more information or to book a trip, call Ben on: (+351) 917 999 810.

Trading Places is a commercial feature focusing on the services and products of our advertisers.

For more information on how to be included, call Sales Manager Bella Talhadas on: 707 500 677.



Ben on one of his bikes.

Livingston's Painting



There are tricks in every trade and Shannan definitely has a few after his long career in painting. Working in most of the Algarve, Livingston's Painting will work wonders for your home and give it a brand new look.

Shannan Livingston moved over to Portugal with his family in 1972 and decided to enter the painting trade ten years ago. Having soaked up all the knowledge and know-how during his time employed, two years ago he decided to go solo setting up his own business.

Shannan knows that for a business to work, specially the painting trade, where imperfections are immediately visible,

each job should be as important as the last and attention to detail is a must.

Centrally located in the Algarve, Shannan will take jobs from Lagos to Tavira and he covers all aspects of painting: woodwork, metalwork, interior and exterior.

For a good painting job to be carried out, preparation is the key as it is the foundation to which the paint is applied. The

first stage of a painting job is to wash the whole area down with a high-powered pressure washer, in order to remove loose paint, grease, dirt and organic growth. The second stage is to fill in all the cracks and skim all areas necessary, then apply a sealant.

These are the stages that must be employed before applying the first coat of paint. At least two coats are applied, sometimes three, depending on the colour to produce a consistent, even finish.

To ensure a perfect line is kept, Shannan always uses tape and caulk all tile edges, windows and door frames. These precautions plus a good eye for attention to detail will ensure the job will please even the most pedantic clients.

Shannan keeps all his working areas very clean and tidy, during and on completion of the work, by laying down large dust sheets to avoid stains and a messy environment.

Choosing top quality products, Shannan usually uses the two top brands of paint in Portugal, unless the customer says otherwise, and of course supplies his own rollers and brushes.

He also provides free quotations and will work weekends if a job needs to be finished quickly. If he is given a larger job, he will employ another painter. If you would like to use Shannan's services, please call him directly on 917 511 550.



And the Moveison BBQ winner is...



Gill Bradley, resident in Tunes, near Messines, won the competition held in conjunction with **The Portugal News** and **Moveison, the Algarve's Finest Outdoor Living Store**, and received her Weber Spirit E-210 Gas BBQ last week.

The competition consisted of a simple question to which readers had to answer to be entitled to win the finest full size gas BBQ on the market.

The winner was selected at random and Gill Bradley was the lucky one to be offered the amazing prize. "We (Gill and her partner Jim) were surprised with a phone call to say we had won the prize and were delighted to hear we will be enjoying our hot summer days with a new Weber Gas BBQ."

Moveison decided to launch the competition to celebrate their status as the sole authorised Weber stockist in the Western Algarve. Their store is totally dedicated to outdoor living, selling furniture, shading solutions, BBQ's, glassware, decorative accessories and outdoor wall art to embellish one's outdoor living area.

Chris Winstanley, speaking of the competition, said "It is our pleasure to give away this BBQ. Although it is an entry-level full size gas BBQ, Weber are well

known for their quality and Gill and Jim will be very pleased by its cooking capabilities." Being the sole Weber authorised stockist in the Western Algarve, their prices are the most competitive and their maintenance service is the best the Western Algarve can offer; all spare parts that are needed will arrive within five working days.

Chris Winstanley and Anne Greenhalgh were both present to give Gill her new gas BBQ and

hope most of her summer days will be spent outdoors enjoying what the Algarve has to offer: the sun!

If you would like to visit Moveison, they are located between Lagos and Odiáxere on the E.N.125, their range of products is outstanding.

For more information please visit their website: www.moveison.com, or call: 282 798 101.



PROPERTY

A 12 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 16 Aug 2008

PROPERTY OF THE WEEK

Eastern Algarve properties courtesy of Properties Este Algarve



Contrary to the more commercial, significantly developed and neon-lit Central Algarve, the Eastern Algarve (Sotovento) still remains largely untouched by mainstream tourism; a traditionally rural region whose roots remain firmly planted in pure Algarvean soil.

This does, however, still make it an attractive area for investment for those looking for a calmer part of Portugal.

Amongst the more popular areas of the Eastern Algarve are Monte Gordo, renowned for its long stretch of white sandy beach and warm sea waters, Fuzeta, a more 'touristy' yet still quaint fisherman's village, and Tavira, one of the Eastern Algarve's largest Cities, famous for its chimneys and bridges.

Tavira is one of the region's most architecturally interesting towns and is home to no fewer than 37 churches and a striking Roman bridge that connects the two sides of the town across the River Gilão.

Renowned for its pinnacle roofs, its origins date back to around 2,000 BC.

Since its Moorish occupation Tavira has been of great importance due to its fishing industry. Its original economic reli-

ance on the fishing industry has now been surpassed due to the change in the migration patterns of the tuna fish.

With a population of an estimated 20,000 inhabitants Tavira retains its authentic rural and undeveloped feel, though this is steadily changing due to its popularity amongst tourists and the opening of golf courses in the near vicinity.

Quinta Velha, in Cabanas, Tavira, is a typical farmhouse style villa, comprising two bedrooms and two bathrooms. It also has various terraced areas, direct access to a swimming pool, though is in need of some tender loving care.

This, however, is as plus as it is reflected in the price of €190,000.00.

Quinta da Gomeria is an elegant urbanisation that offers quality built one-bedroom (T1) and two-bedroom (T2) apartments.

Also located in Cabanas,

Quinta Gomeira has access to four swimming pools. Prices start from €126,000.00.

Quinta da Ria Villa (see picture, bottom far right) has three bedrooms and is within close proximity of three golf courses. This property would also benefit from some TLC.

It is priced at €320,000.

Last but not least is a modern, four-bedroom villa of contemporary design located in Santa Rita.

Close to the prestigious Monte Rei golf course, and with its own pool, it is priced at €490,000.00.

For more information on these properties, or to see any others on their portfolio, call one of Properties Este Algarve (license number 504) two offices on: (+351) 281 951 165, 281 370 277, fax: 281 951 438, 281 370 761, e-mail: belo.santospedras@hotmail.com, or see their website: www.estegalgarve.com.



Quinta Velha, one of Este Algarve's many properties in the eastern Algarve.



Another view of Quinta Velha.



Quinta Gomeira Apartments



The contemporary villa in Santa Rita



Villa at Quinta Ria

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Vilamoura
2 Bedroom 'fully furnished'
ground floor apartment located at
the Old Village in Vilamoura. This
lovely apartment with sunny
south-facing patio is an ideal
holiday home or rental
investment.
Price: € 225,000



Vilamoura
New 2/3 Bedroom townhouses
with electric shutters, modern
fully fitted kitchen, electric
radiator heating, pre-installed for
air-conditioning, central vacuum
system and large garage
suitable for 3rd bedroom or games
room.
Price: € 395,000



Vilamoura
1 Bedroom luxury apartment
located at the exclusive Hilton Hotel
'As Cascatas' complex in
Vilamoura. The apartment offers air-
conditioning, ultra-modern kitchen,
bedroom and bathroom. 6 x Heated
Swimming Pools, Tennis Courts,
Gym, Bars, Restaurants and the
largest Health Spa in Portugal!
Price: € 480,000



Vilamoura
Beautiful 4 Bedroom / 3 Bathroom
detached villa offering a sunny
terrace with private swimming pool,
located within a few minutes walk
of the new Hilton Spa resort. The
villa is sold "Fully Furnished" to a
high standard and is an ideal rental
property or permanent residence.
Price: € 685,000



Vila Sol
New 4 Bedroom / 4 Bathroom
luxurious detached villa offering
a large lounge with wood-burning
fireplace and large open-plan
modern kitchen. The villa's
interior and exterior have been
designed to an extremely high
quality and modern design.
Price: € 1,170,000

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Olhão / Fuzeta
• Traditional cottage
• Separate apartment
• Total 5 beds 2 baths
• Sea view from terrace
• Approx. 5km from beach
• Cott 400m² plot 2200m²
Ref. C480
Price Reduced to: € 270.000



São Brás de Alportel
• Traditional style house
• 2 bedrooms 1 bathroom
• Separate attic, 3 divisions
• Country & sea views
• Garage & garden
• Villa 135m² plot 1137m²
Ref. C1124
Price: € 215.000



São Brás de Alportel
• Traditional style villa
• Nice country views
• 3 bedrooms 3 bathrooms
• Gas central heating
• Pool & barbecue area
• Villa 154m² plot 456m²
Ref. C1141
Price: € 380.000



São Marcos da Serra
• ** Ideal for Rentals **
• Beautiful unique property
• Old Winery & cottage
• 4 bedrooms 4 bathrooms
• Pool, bar, BBQ & gardens
• Villa 220m² plot 2000m²
Ref. V1135
Price: € 460.000



Loulé
• Impressive new villa u/c
• Beautiful country views
• 4 bedrooms 3 bathrooms
• Infinity pool & garage
• Villa 346m² basement 228m²
• Terrain 160m² plot 8130m²
Ref. V1139
Price: € 795.000

VILAGENTE



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Vilamoura
Attractive renovated apartment
composed of bedroom, bathroom,
lounge, equipped kitchen, storage
and terrace. Exterior parking
area. Communal swimming pool
and garden. Construction area -
59 sq.m.
Ref. A1263 Price: € 149,000



Vilamoura
Apartment centrally located, 5
mins from the Marina, composed
of bedroom, bathroom, lounge,
equipped kitchen and terrace.
Communal swimming pool and
garden area. Construction area -
57 sq.m. Furnished and
equipped.
Ref. A1099 Price: € 165,000



Vilamoura
Attached villa composed of 2
bedrooms, 3 bathrooms, lounge w/
fireplace, equipped kitchen,
storage area and terraces.
Carport, swimming pool and
garden. Construction area - 118
sq.m.
Ref. V12517 Price: € 325,000



Quarteira
Spacious penthouse composed of
5 bedrooms, 4 bathrooms, 2
lounges, dining room, office,
equipped kitchen and 4 large
terraces. Excellent sea and
beach views.
Ref. V1260 Price: € 750,000



Estói
Villa w/ a beautiful view,
composed of 5 bedrooms (en
suite), 6 bathrooms, 2 lounges
w/ fireplace, dining room,
equipped kitchen, 2 storages,
laundry, basement & 2 terraces.
Sw. pool, garden & carport for 3
cars. Furnished & equipped.
Ref. V12337 Price: € 1,600,000

FEATURES:
4 bedroom
2 bathrooms (1 en-suite)
2 storage rooms
Guest toilet
Newly fitted fully-equipped kitchen
living room with wood burner stove
double glazing all round (with tinted
glass).
Split level garden with semi covered
terrace,
A/C units in all rooms
Ample parking



Location: Lagoa - Plot: 234 m² - Covered area: 190 m² - Built in 2000

Close to all amenities, such as supermarkets, shops, restaurants, bars, Lagoa town centre, night life, beaches and several Golf Courses...

Distances: Faro 55 km; Lagoa town centre 500 m; Carvoeiro and beaches: 3 km; Portimão: 10 km; Golf: 2 km. - Tel: 282 352649



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room, equipped kitchen. Communal
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heating. Sat-TV. Close to
beaches & Carvoeiro centre. Golf-
ing rights. Furnished.
Ref. V-327 Price: € 275,000



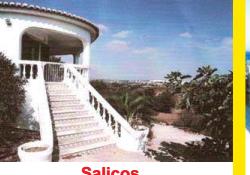
Centianes / Carvoeiro

Spacious 4 bedroom villa w/
seaview, close to Centianes
beach. Comfortable lounge,
dining area, fully equipped kitchen,
double bedrooms w/shower/bath
en suite, garage, mature garden,
sw. pool w/ sun terrace. Ready
to move in!
Ref. V-350 Price: € 635,000



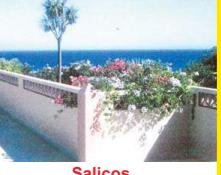
Near Silves

Charming detached farmhouse on
1200sqm plot. 2 double bedrooms,
1 shower room, spacious lounge/
diner, equipped kitchen, small
pantry, large covered patio. Nice
garden, A/c, wood burner. Garage/
workshop, utility room, space for
pool, own borehole.
Ref. V-351 Price: € 269,000



Salicos

Spacious 3 bedroom villa on cul-
de-sac road in excellent location
w/ view of Monchique mountains,
close to Marinha beach. 300sqm
plot. Open plan kitchen, lounge,
dining room w/ wood burner, large
terraces, easy to maintain
garden. Space for sw. pool.
Ref. V-349 Price: € 445,000



Salicos

The ultimate in comfortable living
at the best area of the Algarve.
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villa of 330sqm, mature garden w/
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Top quality construction.
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at a realistic price.
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- Wonderful Views
- Golf Rights
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P990V €715,000



Parque da Floresta

- 2 Bedroom, 2 Bathroom
- Beautifully Furnished
- Roof Terrace
- Wonderful Views
- Superb Golf Course Views
- Golf Rights
- Communal Swimming Pool

P974T €325,000



Parque da Floresta

- 3 Bedroom, 2 Bathroom
- Open Living/Dining Room
- Stunning Views
- Roof Terrace
- Golf Rights
- Communal Swimming Pool

V466T €420,000



Parque da Floresta

- Fractional Freehold
- 2 Bedroom, 2 Bathroom
- Fully Fitted Kitchen
- Terraces
- Fully Furnished
- Golf Rights
- Communal Swimming Pool

P970T €91,000 Quarter Share



Quinta de São Roque

- 2 Bedroom, 2 Bathroom
- Fully Fitted Kitchen
- Jacuzzi on Balcony
- Luxuriously Furnished
- Golf Discount
- Communal Swimming Pool

R622A €105,000 Quarter Share



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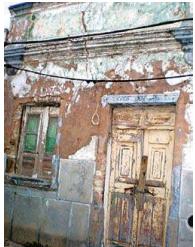
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Olhão

Townhouse to be rebuilt/refurbished set in the centre of Olhão, less than 5 minutes walking to the Market place, Marina, shopping street and all amenities. Great Price!

Ref: MG-VIV-0114

Price: € 65.000,00



Moncarapacho

Charming refurbished townhouse, with a large roof terrace with privacy, overlooking the village the countryside and the sea for a fantastic price. Sold furnished.

Ref: MG-VIV-0113

Price: € 150.000,00



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Fonte Santa - Cacela
Beautiful T2 Townhouse w/ communal pool on small development near Monte Rei Golf & various beaches. Three bathrooms, private patio, off street parking, air conditioning, fully equipped kitchen. Sold furnished. Good value for money!

Ref: LHT-853 Price: € 199.000



Moncarapacho
Spacious, modern, open plan 5 bed villa in immaculate condition with swimming pool and landscaped garden situated in an up-market residential area. Construction size approx: 480 incl. basement with garage, plot 1377m², built in 2006.

Ref: LHV-927 Price: € 640.000

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Tavira

Modern, luxurious four bedroom villa on preferred location with swimming pool and garage, large living/dining room and modern Italian design kitchen with cooking island. Breathtaking views from all rooms, cov. area 430m², built in 2005

Ref: LHV-901 Price: € 895.000



Moncarapacho

Exclusive villa (V4) with guest cottage and swimming pool located on a large fruit producing estate. Comprising of 4 spacious bedrooms, 4 en-suite bathrooms, top of the range kitchen and lot of extra's, cov. area 688m², plot 40.700m²

Ref:LHV-904 Price: € 2.400.000



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Huge, stunning Master Bedroom and en suite bathroom with large private sun terrace

Basement:
Playroom/Games Room/ Cinema Room with kitchen, wine cellar and built in bar, the basement runs the entire length of the house. The Vila stands in 1/2 acre fully enclosed irrigated garden with pool, return drive with electric entrance gates, mature fruit trees, garages, car port and shady BBQ terrace.

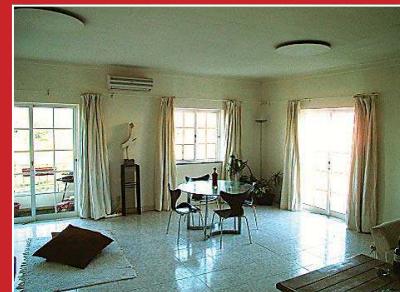
The Vila has its own bore hole. Recently decorated to a high standard is close to the Shops, schools and all amenities and is 10 minutes to beaches. For sale (Delaware Company) by Owner at: €975,000. Contact Nevin on 919 555 916



Well located T3 apartment in Lagoa



Top floor T3 Apartment excellently located on the outskirts of Lagoa, with views across the fields, while being a stone's throw from a gymnasium, theatre, police station, health clinic, school and shops. Situated in a pretty, landscaped cul-de-sac, the apartment has a light and spacious lounge overlooking the countryside, three bedrooms, two bathrooms, kitchen and two balconies. Being only 5 minutes drive to the beach and various golf courses makes it an ideal holiday home and a great investment.



Type: T3 or lux T2

Size: approx 100m²

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VILAMOURA
Ref. V82199

3 bedroom detached villa in central, residential area. Basement w/ en suite bedroom, large living room w/ fireplace & kitchen. Furnished & equipped. Top quality finishes. Central heating, A/C, Alarm sys. Fabulous landscaped garden w/ jacuzzi & BBQ. 10 mins walk to Marina & beach. 1 car garage w/ storage.

CARVOEIRO
Ref. TC82219

Investment opportunity! 10.080 sqm plot w/ old house, in unique quiet natural setting. Project approved to build a detached villa w/ sw. pool. Constr. area 312 sqm. Water & electricity mains. Ready to start construction. Excellent access. Walking distance to beautiful secluded beach. South facing w/ fabulous sea views.

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Ref. A82172

Brand new 3 bedroom penthouse apartment. Prime location, front line to beach w/ fabulous views. All amenities within walking distance. 160 sqm constr. area. Excellent finishes. Fitted kitchen, A/C. Pre install. for central vacuum cleaning system. Living w/ fireplace. Underground parking space for 2 cars & storage.

CARVOEIRO
Ref. V71921

Dream villa at privileged location in natural setting. Breathtaking unspoiled seaviews. Plot: 1.850sqm. Constr. area: 375sqm + basement w/ 250 sqm. 4 en suite bedrooms, library, fully equipped kitchen, A/C, underfloor heating, sauna, office, gamesroom, home cinema. High standard finishes. Landscaped garden w/ pool & BBQ.

Ferragudo

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- * 3 bedroom, end terrace house 160m², with 3 bathrooms (one ensuite), plus a large garage/basement of 80m²
- * Fully air conditioned & fire place
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- * Quiet & secure location
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- Private storage room

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IN TOWNHOUSES

- Private garden with irrigation system
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Burgau

★★★

Domusibérica Burgau is an exclusive development comprising 37 prime townhouses, 63 luxury low-level apartments and 1 clubhouse with reception, bar, restaurant, spacious swimming pool, gymnasium, sauna, spa and steam bath.

IN APARTMENTS

- Private storage room

- Underground parking

IN TOWNHOUSES

- Private garden with irrigation system
- Private parking
- Plunge pool

Well priced properties across the Algarve - Messines Rustic Property**Top Price: € 275,000.**

- 4 hectares land with two lakes and pool.
- C. 140 m² living area w/ 56 m² outdoor building.
- Property can be extended.
- Beautiful panoramic countryside views.
- Not far away from all amenities.
- Extraordinary top price for a quick sale.

Ref.: S274

**Well priced properties across the Algarve**

- LUZ, S212, prime location, 360° sea views, 3/4 good size beds on two floors, spacious rooms, big plot w/ very private pool area, walking distance to beach & all amenities, REDUCED TO TOP PRICE €950.000!!!

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The power of pink



If you need warming up this summer, turn on to pink. It's one of the hottest shades to come off the catwalk and is perfect for homes too. We've picked out homeware in punchy pinks and soft shades.

Pink, once the preserve of nurseries and little girls, has finally grown up.

Hot pink and fuchsia were star shades on fashion's catwalks this summer, and now the stylish have decided that if the colour's good enough to wear, it's good enough to live with.

It's a wise move. Punchy pinks are brilliant for giving rooms a shot of energising colour, and you can either go wild by splashing pink on walls or paintwork, or flirt with the shade by using it for accessories.

Or why not pull some pink surprises by using the colour in quirky ways? Designer Ella

Doran suggests painting floorboards in a "cheerful summery shade" like candy pink to "lift an entire room and everything in it".

While David Oliver, design director of Paint & Paper Library, has another clever tip: "Use shocking pink on the inside of cupboards to cheer up a neutral scheme and enliven a normally dull space."

Colour novices needn't be intimidated by pink. It's easy to handle once you know how. Louise Smith, colour manager for Dulux, reveals that pink has recently pushed its way back into the top 10 chart of favourite room shades.

"Pinks can be bright and

zingy, shocking, blushing or pretty and feminine. There are no 'rules', and if you feel like using bold pinks everywhere, then go for it."

So put paid to the summertime

blues by picking out pink - it's the hottest colour around. But use pink power wisely by picking a style and a shade to suit your taste and your rooms.

Gabrielle Fagan

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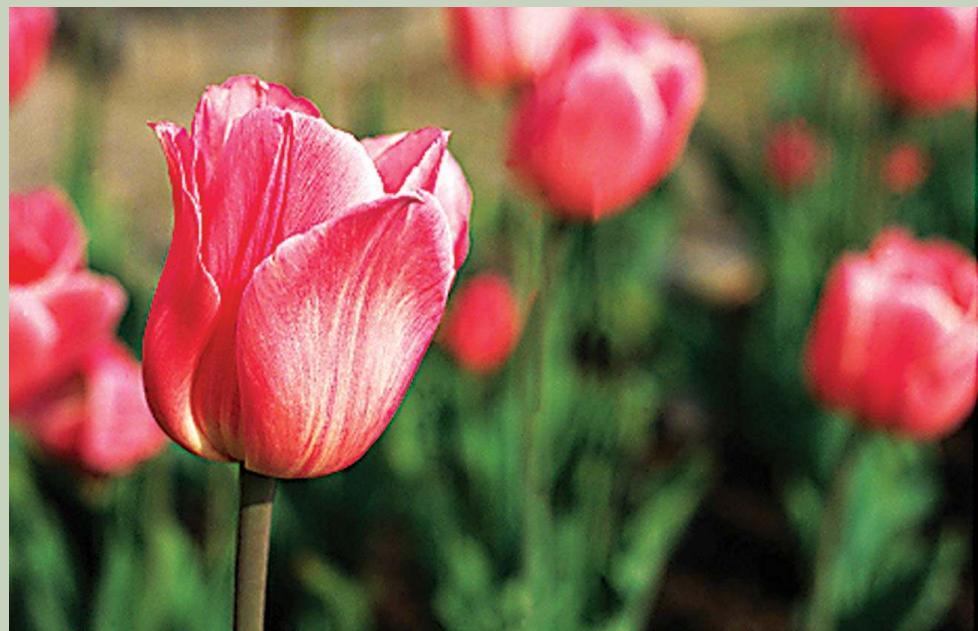
Vilamoura: Charming 4 bedroom detached villa facing the Golf of Pinhal. 350m² villa renovated in 2004 on a 1,665m² plot. Located in quiet area only 10 minutes walk to the marina and the beach.

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Celeriac

Best of the bunch



Tulip

There are now so many varieties of tulip that I could fill up a column with them every week of the year, from the majestic upright types to the frothy, frilly and flamboyant. Tulips also come in every colour except blue, so there's something for everyone.

My personal favourite is Tulipa 'Queen of Night', with its burgundy, almost black flowers, providing a striking contrast with acid green evergreens and sizzling wallflowers in oranges, yellows and burnt oranges.

I also have some fantastic dwarf varieties in my rockery, including T. 'Red Riding Hood', with bright flowers and crimson-striped leaves. Alas, the slugs like this variety almost as much as I do.

Bulbs should be planted in late autumn in well-drained soil that doesn't become waterlogged. Some varieties have to be lifted and stored after flowering, while others will bloom again if they remain in the ground.

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This big round knobbly root is ideal for perking up mash or adding to casseroles and soups, although many people grate it and mix it with a little mayonnaise to create an alternative to coleslaw. It is much easier to grow than celery, easily fitting into spare patches in the garden and forming neat clumps of celery-like leaves.

Celeriac does best in moisture-retentive, well-drained soil in full sun or partial shade. Soil should be enhanced with a big helping of organic matter in the autumn, before sowing in spring. Seeds should be sown thinly in pots of seed compost mixed with vermiculite and germinated in a propagator at around 15C (59F). Seedlings can be transferred to larger pots of compost when the first true leaves have formed and exposed to good light in temperatures above 10C (50F). They should be hardened off before being planted out at the end of spring. Plant them 30cm (12in) apart in rows 45cm (18in) apart and water in. You need to keep the plants well-watered and in mid-summer cut off the lower leaves to reveal more of the crown.

In early autumn, draw soil around the swollen stem bases to keep the flesh white and protect the plants in the ground over winter by covering them with straw. Celeriac should be ready for harvest from mid autumn to early spring, when the stem is bigger than a tennis ball but smaller than a football.



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A gardener's holiday checklist



So you're away for summer holidays, when your crops are at their peak, plants need deadheading regularly, lawns need mowing and everything, especially hanging baskets and containers, needs watering. What do you do?

If you're lucky enough to have a kindly neighbour or relatives close by who can pop in to do the watering and pick some of your tomatoes, lettuces and green beans, then you're laughing. But if no one's going to be around, you need to plan ahead.

If you have a lot of pots, cluster them together in a sheltered, shady place which is open to the rain and feed and water them thoroughly just before leaving.

If you have hanging baskets, make room in a bed and dig a hole in a cool, shady spot where you can sit them, and drench them with water so that the soil underneath gets wet.

Alternatively, dunk the basket in a large bucket of water or a tub-trug - the multi-coloured gardening tubs that come in a range of colours are ideal. Let the water

soak into the soil from below, but avoid submerging the basket completely to avoid the soil spilling out of the top. After doing that, transfer the basket to the hole in a shady spot.

Simple automatic watering systems can also be set up for your containers using an upturned bottle full of water set into the pot. The water will be slowly released as the compost dries out. Or use strips of capillary matting tucked into the compost at one end and a bowl of water at the other.

Remove all flowers from plants in containers, not just the faded ones, before you leave. Hopefully you should have a fresh-looking display of new blooms on your return.

Most soft fruit will be ripening this month and much of it can

be picked before you go, but you may need to arrange for a friendly neighbour to 'help themselves' if your holiday extends to more than a fortnight.

The vegetable garden should be well watered before you go and any vegetables which are ready for harvesting should be picked, blanched and frozen, if possible.

Try to plan your vegetable garden to tie in with your holiday dates, so you are not sowing a load of fast-growing crops which are going to mature - and bolt - in your absence.

If the weather is hot and dry while you're away don't expect to return to a lush, green lawn. Grass may struggle but it invariably returns to its former glory with autumn rains. To minimise damage, though, don't do anything which will encourage it to

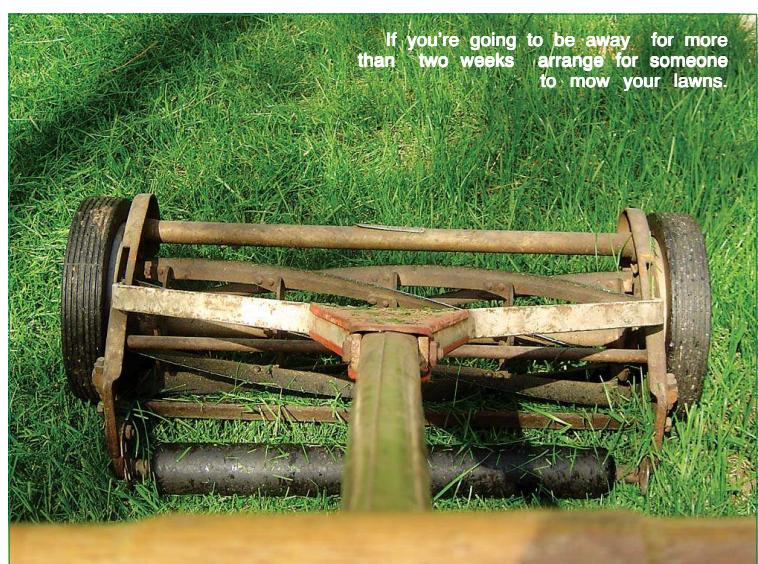
grow fast when you are away, so don't feed or water it just before you go.

You shouldn't have too many problems with your perennials and shrubs while you are away, as well-established plants generally have strong roots that will go deep enough to find moisture. Hopefully, you will have mulched borders in spring to help retain moisture during warmer spells.

Hannah Stephenson



Who will be watering your precious plants while you are on holiday?



You may need to arrange for a friendly neighbour to 'help themselves' to your fruit harvest if your holiday extends to more than a fortnight.

Three ways to...



Choose the right container

1. Avoid containers with small, narrow rims, which are going to limit the amount you can plant.
2. If you want to cut down on watering in the summer, choose the biggest container you can find (provided you are going to be able to move it if you need to), as the more compost you can put in, the longer it will take to dry out if you forget to water occasionally.
3. Don't be misled by 'frost-proof' terracotta. It may be a better grade that is less likely to crack but it isn't indestructible, as I've often found to my cost. You'd be wise to cover your terracotta containers with bubble wrap in winter or move them into a sheltered spot near the house if frost is predicted.

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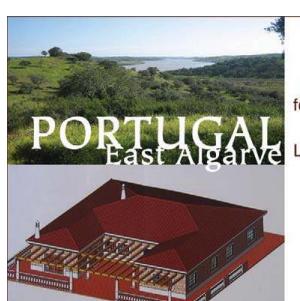
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The seductive style of the East epitomised by characteristic pink florals, such as cherry blossom or magnolia, is still popular for rooms after centuries' of appeal.

That's hardly surprising, because it mixes well with most modern schemes and is a great way to add a feminine feel to contemporary rooms.

Jemma Page, founder and partner of Orchid, which specialises in Chinese antiques and stylish accessories, advises: "Mix some shocking pink silk cushions with a dramatic dark teak table and offset the look with white walls. Make a statement with a decorative piece that is painted with predominantly pink floral designs or scenes from Chinese life."

**Get the look:**

Kylie Minogue embraced soft pinks and luxurious textures for her At Home bedding range, from House of Fraser. She's combined rouge pinks and soft mocha shades in layers of sumptuous faux silk and cotton sateen.

Paint furniture in pink, like a chest of drawers, bedside table or even a wooden bedhead, for a French vintage look.

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High Drama:

Design-conscious divas will love the strong bold shades of pink, and these work well in a living room, dining room, or playroom.

Louise Smith, colour manager for Dulux, says: "Do be aware though that these shades can be over-stimulating, so use with caution in nurseries or bedrooms."

"But if you love bright pink why not use it on one wall in a living area as a focal point, on a masterpiece wall or on a bedhead wall in a bedroom. Then balance the strong effect with more neutral colour for the other walls - so you still get a vibrant splash but a more grown up overall look."

Her recommendation is Raspberry Diva from Dulux's Feature Walls range combined with Gentle Fawn.

Blossoming Romance:

Feminine, girly girls know that pink's a soft, sensual colour for boudoirs.

Pastel pinks and deeper rose shades are perfect for conjuring a romantic bedroom. Warm pinks like salmon pink and shell can help thaw the chill of cool rooms and are a good background for dark furniture.

Look to cooler pinks, those with a degree of blue in them such as raspberry pink, fuchsia and lilac, for living rooms and bathrooms.



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Julien MacDonald's glorious Glamorous Pink wallpaper for Graham & Brown. Obtained from Debenhams.

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Add a funky touch to a dining room with Habitat's bright fuchsia Verdi wooden chairs, which would look brilliant paired with a glass, perspex or white table.

Turn up the heat with a pink outdoors or indoors Ball chair made in durable polypropylene from Bodie and Fou. It's available in fuchsia.

This online company is a great source for distinctive, imaginative but affordable homeware. Turn a window into a pink vista with its window blind featuring rows of pink birds. Pop pink blooms (what else?) into a snazzy pink Menu rubber vase which isn't just irresistible, but unbreakable too (it might even last the school holidays!).

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South Ossetia: A Monumental Miscalculation

The war in South Ossetia is essentially over, and the Georgians have lost. This was Georgia's second attempt in eighteen years to conquer the breakaway territory by force, and now that option is gone for good. So are the country's hopes of joining NATO. Yet sections of the Western media are carrying on as if the Russians started it, and are now threatening to invade Georgia itself.

President George W. Bush has condemned Russia's "disproportionate and dangerous" response, although there is no evidence that Russian ground troops have violated the borders of Georgia proper. Nor are they likely to, but it will make Bush look decisive when it turns out that the Russians do not invade Georgia.

Much is made of Russian air attacks on targets inside Georgia, and especially of the inevitable misses that cause civilian casualties, but the vast majority of the 2,000 civilians allegedly killed so far in this conflict were South Ossetians killed by Georgian shells, rockets and bombs. Some shooting and bombing will continue until all the Georgian troops are cleared out of South Ossetia — including the 40 percent they controlled before the war — but then it will stop.

Meanwhile, Georgian President Mikhail Saakashvili is playing on old Cold War stereotypes of the Russian threat in a desperate bid for Western backing: "What Russia is doing in Georgia is open, unhidden aggression and a challenge to the whole world. If the whole world does not stop Russia today, then Russian tanks will be able to reach any other European capital." Nonsense. It was Georgia that started this war.

The chronology tells it all. Skirmishes between Georgian troops and South Ossetian militia grew more frequent over the past several months, but on Thursday, 7 August, Saakashvili offered the separatist South Ossetian government "an immediate ceasefire and the immediate beginning of talks," promising that "full autonomy" was on the table. Only hours later, however, he ordered a general offensive.

South Ossetia's president, Eduard Kokoity, called



Gwynne Dyer.

Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

His new book, "After Iraq", has just been published in London by Yale University Press.

Saakashvili's ceasefire offer a "despicable and treacherous" ruse, which seems fair enough. Through all of Thursday night and Friday morning Georgian artillery shells and rockets rained down on the little city of Tskhinvali, South Ossetia's capital, while Georgian infantry and tanks encircled it. Russian journalists reported that 70 percent of the city was destroyed, and by Friday afternoon it was in Georgian hands.

The offensive was obviously planned well in advance, but Saakashvili didn't think it through. He knew that the world's attention would be distracted by the Olympics, and he hoped that Russia's reaction would be slow because Prime Minister Vladimir Putin was off in Beijing. Given three or four days to establish full military control of South Ossetia, he could put a pro-Georgian administration in place and declare the problem solved. But his calculations were wrong.

There was no delay in the Russian response. A large Russian force was on its way from North Ossetia (which is part of the Russian Federation) by mid-day on Friday, and Russian jets began striking targets inside Georgia proper. By the time Vladimir Putin reached the North Ossetian capital of Vladikavkaz on Saturday morning, the Georgian forces were already being driven out of Tskhinvali again.

By Saturday evening, Georgia was calling for a ceasefire and declaring that all its troops were being withdrawn from South Ossetia to prevent a "humanitarian catastrophe." Saakashvili's gamble had failed — and, as Putin put it, the territorial integrity of Georgia had "suffered a fatal blow".

Not just South Ossetia has been lost for good. Georgia's hope of ever recovering its other breakaway province, Abkhazia, has also evaporated. On Saturday, the Abkhazian government announced a military offensive to drive Georgian troops out of the Kodori gorge, the last bit of Abkhazian territory that they control. How much does all of this matter?

It matters a lot to the 300,000 Georgians who fled from Abkhazia and South Ossetia when the two ethnic enclaves, which were autonomous parts of the Georgian Soviet Socialist Republic in Soviet times, declared their independence after the old Soviet Union collapsed in 1991. Georgia's attempts to reconquer them in 1992-93 were bloody failures, and after this second failure it is clear that the



Russian soldiers enter the village of Khurta in Zugdidi region bordering with Abkhazia 11 August 2008. According to reports, Russian troops took over control of the airport in Senaki and disarmed Georgian police. Meanwhile 12 August 2008 Russian President Medvedev confirmed to the EU foreign policy chief Javier Solana that he had ordered a ceasefire in Georgia. Photo: LUSA/EPA/BESO GULASHVILI

Georgian refugees will never go home.

It is a reason to rejoice for most Abkhazians and South Ossetians. Although they are Orthodox Christians like the far more numerous Georgians, they are ethnically distinct peoples with different languages, and they always resented Stalin's

decision to place them under Georgian rule. Whether they ultimately get full independence or simply join the Russian Federation, they will be happy with the outcome.

The Bush administration's bizarre ambition to extend NATO into the Caucasus mountains is dead. Russians are

pleased with the speed and effectiveness of their government's response. And nobody else really cares.

There is no great moral issue here. What Georgia tried to do to South Ossetia is precisely what Russia did to Chechnya, but Georgia wasn't strong enough and South Ossetia had

a bigger friend. There is no great strategic issue either: apart from a few pipeline routes, the whole Transcaucasus is of little importance to the rest of the world. A year from now the Georgians will probably have dumped Saakashvili, and the rest of us may not even remember his foolish adventure.

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Horses and hounds raise monies for charity

Some €600 was raised for two local charities through a fun event organised recently by Pinetrees Riding Centre, Merrylegs Pet Resort and Paws 4 Pets.

The charities benefiting from the event were BVF- Bombeiros Voluntários de Faro, who are always in need of support and need new firemen's suits, and Riding for the Disabled in the Algarve.

Over 20 riders, not only English and Portuguese but also Irish, Polish, French and German, participated in the "Horse and Hound" party, organised to help

celebrate the 23rd Anniversary of Pinetrees Riding Centre in Almancil, with horses from not only Pinetrees but also from stables from other parts of the Algarve.

For the first time this annual event included a Dog Show with six fun classes from the Dog with the Waggiest Tail and the Best 'Six' Legs to the Prettiest Bitch



Phoenix Lowe from Quinta Martins, won both the obstacle race and the 60cm jumping courses.

and Handsomest Dog. Dogs from all over the Algarve came to join the party and socialise with friends old and new.

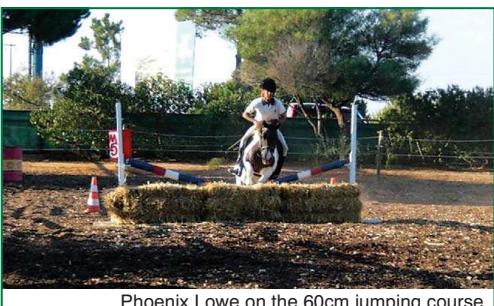
Then it was the turn of both horses and dogs to compete against the clock.

First, the dog completed a course of jumps, tunnels, ramps, etc., on or off the lead. The game was fun and not too hard. The horse and rider rode a course of jumps or, alternatively an obstacle course, with the clock ticking.... On completion of their round the dog and handler continued with a series of obstacles such as jumps, see-saws, sit for 5 seconds on a course designed by and using training items from

Merrylegs Pets Resort. The tunnel proved to be a laugh with many owners having to demonstrate how it should be done!

Young Phoenix Lowe, a very competitive rider from Quinta Martins, won both the obstacle race and the 60cm jumping courses with her partners, Amber and BunnyHops the horses, and dogs, Mikey and Mia.

Sponsors for the event included Merrylegs Pets Resort, Pinetrees Riding Centre, Paws 4 Pets, Sergio Ribeiro and Eki Loulé. Everyone had a good and enjoyable afternoon. Many thanks must go to all those who came to the party and supported the well deserving charities.



Phoenix Lowe on the 60cm jumping course

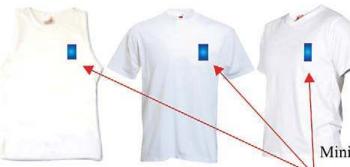
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The 'Lion's' Charity Up-dates

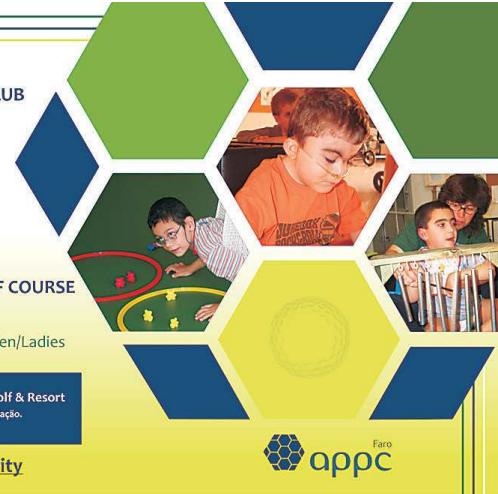
The Lions Clube de Loulé are pleased to announce that their sale in May 18th raised €478.38. The next sale of nearly new clothes, linen, bric-a-brac, shoes and books will be held in Sunday September 21st. 09.30 - 12.00 at the Centro Comunitário, Almancil. Admission is free and refreshments are available. For more information ring 289 416 659.

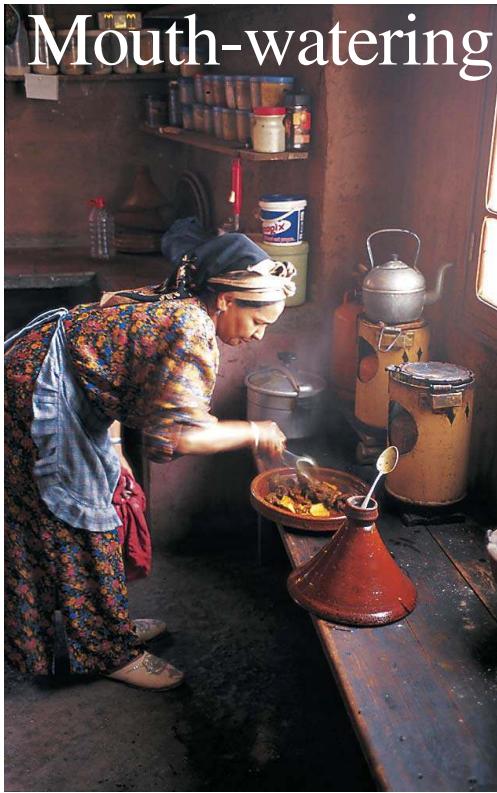


Some of the 'Lions' of Loulé, outside the Centro Comunitário, Almancil

The Lions have progressed over recent months and acquired more suitable storage facilities for the items kindly donated for the 'sales'. In future the 'Lions' would like to acquire premises in Loulé or Almancil. Suitable not only for storage but also to develop into a charity shop. Only minimal rent will be possible but it would become a great asset to the community and help the 'Lions' to continue their charity work. If you can help with this or would like to find out more about the 'Lions' please ring Bruce Allen 282 444 874.

Future events of the 'Lions' Clube de Loulé are the Autumn sale at the Centro Comunitário, Almancil on Sunday November 2nd 09.30-12.00. From November 8 to December 6 at the





Top tips for cooking a Moroccan masterpiece

• Be prepared for different flavours - in traditional Moroccan homes, people pass down recipes from generation to generation rather than use books, as such expect every Moroccan meal to taste different!

• Keep your spice rack stocked up - from cinnamon to cumin, Moroccan meals are packed full of spices - look out for ras-el-hanout, it's a mix of 30-plus spices.

• Before you serve, grab the coriander - whether it's for a salad, tagine, soup or roast, a sprinkling of coarsely chopped coriander completes many a Moroccan meal.

• Keep a few tins of chick peas in the cupboard - not only are they great for you, but they're perfect for stews.

• Try an after dinner mint. Drunk throughout the day and

served after dinner to aid digestion, mint tea provides the perfect way to round off your meal.

• Ditch the chips and go for couscous - it's practically a necessity in any Moroccan meal and it's cheap to buy too,

• Get fruity - don't restrict fruit to your puddings, any tasty tagine is likely to include some fruit, whether that's apricots, prunes, lemons or dates.

• Excuse you - don't be offended if at the end of the meal your guest burps, in Moroccan culture it's a sign of satisfaction and appreciation!

• Use ginger - As well as aiding digestion, ginger is a great addition to Moroccan recipes.

• Add water - Whether it's orange blossom or rose petal, flavoured waters are great for adding a distinctive taste to salads or desserts.

There's no need to leave home and endure holiday travel chaos when you can just conjure up an exotic feast of Moroccan food in your own kitchen. The country's cuisine is an irresistible mix of flavours drawn from the East, the Mediterranean and Africa and we've picked some easy dishes to impress.

If your tastebuds are hankering after summer specialities but the weather still isn't quite right for that barbecue, a Moroccan menu could be the alternative summer feast you've been waiting for.

With influences from the East, Mediterranean and Africa, you'll be hard-pushed to find a cuisine so diverse in its flavours.

While you could treat yourself to a meal out at one of the many

Classic lamb tagine with almonds, prunes and apricots

(Serves 4-6)

1-2tbsps olive oil
2tbsps blanched almonds
2 red onions, finely chopped
2-3 garlic cloves, finely chopped
A thumb-sized piece of fresh ginger, peeled and chopped
A pinch of saffron fronds
2 cinnamon sticks
1-2tbsps coriander seeds, crushed
500g boned lamb, from the shoulder, leg or shanks, trimmed and cubed
About 12 stoned prunes and 6 dried apricots, soaked in cold water for 1 hour and drained
3-4 strips orange rind
1-2tbsps dark honey
A handful of fresh coriander leaves, chopped
Sea salt and freshly ground black pepper
Bread or plain buttery couscous to serve

Heat the oil in the base of a tagine or a heavy-based casserole. Add the almonds and cook, stirring, until they turn golden. Add the onions and garlic and sauté until they begin to colour. Stir in the ginger, saffron, cinnamon sticks and coriander seeds. Toss the lamb into the tagine and sauté for 1-2 minutes, stirring to make sure it is coated in the onion and spices.



Pour in enough water to just cover the meat then bring it to the boil. Reduce the heat, put the lid on the tagine and simmer for 1 hour, until the meat is tender.

Add the prunes, apricots and orange rind, put the lid on the tagine again, and simmer for a further 15-20 minutes. Stir in the honey, season with salt and pepper, cover, and simmer for a further 10 minutes. Make sure there is enough liquid in the pot as you want the sauce to be syrupy and slightly caramelised, but not dry.

Stir in half of the fresh coriander, then serve immediately, sprinkled with the remaining coriander and accompanied by chunks of crusty bread or a mound of plain, buttery couscous.

Moroccan restaurants springing up across the country, why not save your pennies and give it a go yourself?

Be warned - if you're going to cook a traditional Moroccan meal then put some time aside, the meal itself can take several hours to prepare. The end result is worth the hard work, however, and your guests certainly won't leave feeling empty, as Cordon Bleu trained chef Ghillie Basan explains in her new book Flavours Of Morocco.

"When cooking for guests, it is customary to make vast quantities of food so that the guests will be completely satisfied and unable to finish," she says.

Once the hard work is done, the meal can provide the perfect backdrop to a laid-back summer evening. In traditional Moroccan households the meal will span several hours, as Ghillie reveals: "As dish follows dish, it is vital to pace yourself and eat slowly so that you can enjoy each mouthful."

And before you reach for the cutlery, in Moroccan culture it's traditional to eat with your right hand - although if this looks like it'll become a rather messy affair, a knife and fork should probably be kept on stand-by!

To help you get started, Ghillie shares a couple of her favourite recipes, Classic Lamb Tagine with Almonds, Prunes and Apricots, and Rose Flavoured Milk Pudding.

Polly Weeks



Rose-flavoured milk pudding

(Serves 4-6)

60g rice flour
1 litre whole or semi-skimmed milk
125g caster sugar
Rose water
1-2tbsps icing sugar



In a small bowl, mix the rice flour with a little of the milk to form a loose paste. Pour the rest of the milk into a heavy-based saucepan and stir in the caster sugar. Bring the milk to boiling point, stirring all the time, until the sugar has dissolved.

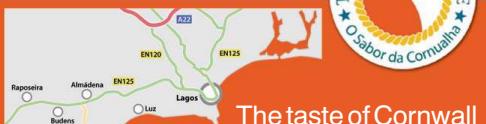
Reduce the heat and stir a spoonful or two of the hot milk into the rice flour paste, then tip the mixture into the pan, stirring all the time to prevent the flour from forming lumps.

Bring the milk back to boiling point and stir in the rose water. Reduce the heat to low and simmer gently for 20-25

minutes, stirring from time to time, until the mixture becomes quite thick and coats the back of the spoon.

Pour the mixture into a large bowl, or individual ones, and leave to cool, allowing a skin to form on top. Chill in the refrigerator and, just before serving, dust with icing sugar.

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Over 80% of UK women admit they're suffering from some form of hair damage, according to a recent Dove survey.
(Photo: Press Association)

Summer

Rescue your hair from the perils of summer with our expert help. Sun, sea, sand and surf... it's a cocktail for summertime bliss. But for our hair, the holiday season can equal split ends, frizz attacks and colour disasters.

Forget sun-kissed tresses, we're more likely to head to the hairdressers complaining of sun-parched locks that require some serious TLC.

"Summer holidays can cause so much damage to your hair," warns hairdresser Phil Smith. "The UV rays, humidity, chlorine, salt, too much partying and change of water will all strip moisture from your hair."

Over 80% of UK women admit they're suffering from some form of hair damage, according to a recent Dove survey.

But hair help is at hand. We ask the nation's top hairdressers to give the low-down on how to cure summer's most common hair-maries.

Time to check in to summer hair rehab.

Beach Babe

Q: I'm a surf chick so my hair's constantly exposed to sun, sea and sand. How should I look after it?

A: Sam McKnight, Pantene ambassador says: "When you leave the beach at the end of the day, wash your hair thoroughly until it's squeaky clean and then use an intensive but lightweight leave-in conditioner."

Curing Conditioner

Q: What's the best way to give my locks some post-holiday TLC?

A: Andrew Collinge, celebrity stylist says: "Deep conditioning is required when you return from holiday, as the sun can really dry hair out."

"Use a deep conditioning treatment two or three times a week. Get your hair cut as soon as you can to avoid split ends."

Frizzy Mane

Q: Every summer I suffer from the frizz factor. Can I tame it?

A: Lisa Shepherd, hairdresser and ambassador of Clynol says: "For curly hair, use a cream rather than mousse. Creams dry into the hair to seal your style."

"If your hair's straight, use a lightweight serum as this will also seal in the cuticles."

Colour Shock

Q: I have coloured hair and the sun has really taken the shine off it. What can I do to revive it?

A: Dove stylist Jamie Brooks says: "With highlighted hair especially, your colour can change shade when exposed to sunlight."

"To keep lightened hair looking vibrant and protected from the damage caused through colouring use a colour care shampoo and conditioner for lightened hair."

Water Baby

Q: I keep in shape by

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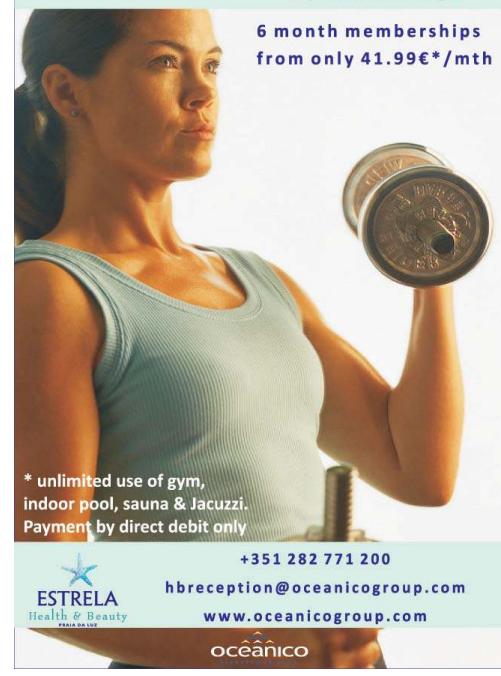
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hair salvation

swimming. Is there anything I can do to protect my hair besides wear a swimcap?

A: Stylist Julie-Anne Rackham for Regis salons says: "Any barrier between your hair and the salt or chlorine will help protect it, so wetting your hair before swimming with clean

water is much better than entering the water with dry hair."

Rescue Required

Q: My locks look beyond repair after two months of travelling abroad. Can it be rescued?

A: Mathew Soobroy at the

House of Charles Worthington says: "Book in at a salon for a detailed hair diagnosis to prescribe a bespoke mixology treatment combined with a hot iron application. This will increase the effectiveness and depth of the intensive treatment."

Lisa Haynes

Get the celeb look

Steal your favourite celebrity's summer style. Designers may dictate what the trends are for the fashion season ahead but often it's celebrities who set the style agenda.

Take Kate Moss and our won't-go-away obsession with waistcoats, Sienna Miller getting a-head in natty bowler hats, and Agyness Deyn stepping out in Dr Martens boots.

Star trends are big business. ASOS, the fashion website specialising in copycat celebrity styles, attracts a whopping one million visitors a week and is now ranked as the second most visited online clothing store in the UK.

Seems we all want a slice of our favourite star's wardrobes. But forget the celebrity stylist and designer labels, you can get their looks at a snip of the price. We take a peek at how fashionistas of the moment have dressed this summer:

Viva Vintage

CELEB MUSE: Alexa Chung

The TV presenter describes her wardrobe as 'granny meets sailor'. Alexa mixes vintage pieces with designer classics and adds a quirky hat, belt or pair of shoes to send the celebrity snappers into a frenzy.

KEY DETAILS: Retro style top or short dress, slouchy cardigan, shoulder bag, quirky straw hat, gold pendants, flat pumps or Converse boots.

Boho Glam

CELEB MUSE: Mischa Barton

Mischa loves red carpet glamour but when she's off duty, boho glam is her daytime wardrobe style staple. The actress loves her print dresses and puts the hippy bling into her ensembles with embellished accessories.

KEY DETAILS: Hippy headband, boho print dress, multicol-

oured beaded belt, jewelled bangles, fringe boots or embellished gladiators.

80s Addiction

CELEB MUSE: Agyness Deyn

In Agy's book of fashion rules, there are no rules! The supermodel loves the 80s vibe, being snapped recently in tartan prints, bleached denim and shock neon. The bigger her fashion-clash, the better.

KEY DETAILS: 80s style prom dress, tartan shirt, neon jacket, bleached denim jeans, flat brogue style shoes or Converse boots.

Laidback Luxe

CELEB MUSE: Kate Hudson

Nobody works neutrals like Hollywood starlet Kate. To prevent her classic chic look verging on bland, the actress adds statement accessories like a headturning scarf.

KEY DETAILS: White trousers, tailored jacket, striped dress, tan shoes and bag, prim neck scarf.

Rock Rebellion

CELEBMUSE: Pixie Geldof

She's fast overtaking big sister Peaches in the style stakes with her rock chick edge. Pixie has found her fashion niche with lashings of leather and little dresses, with the odd wig thrown in to transform her look.

KEY DETAILS: Leather jacket, slogan rock tee or dress, studded belt, leather cuffs, biker boots.

Perfectly Polished

CELEB MUSE: Victoria Beckham

Queen of the WAGs, Ms Beckham rarely steps out looking anything but pristine. Whether it's red carpet or the school run, think body-skimming high-end designer gear. She lives in sky-scraper heels teamed with the obligatory matching It bag.

KEY DETAILS: Skin-tight trousers or jeans, corset style top, tailored dress, oversized bag, super-high stilettos.

Lisa Haynes



Mischa Barton arriving at a party for the new film 'How to Lose Friends and Alienate People' at the Villa Khayat in Cannes, France. (Photo: Press Association)

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Ask the expert



Woman giving her baby formula milk. (Photo: Press Association)

When is my child ready to... start learning an instrument?



Aoise Walsh (age 1) helping launch Children's Workshops at the National Concert Hall, Dublin. (Photo: Press Association)

Some music teachers believe that starting formal lessons too early can turn a child off music and it's better to wait until they're at least eight.

But some instruments come in smaller sizes for children younger than this, and children may start to play them when they're physically de-

veloped enough to do so, ie. when they're big enough to reach keys, pedals, holes etc.

A suitable age to start depends on the chosen instrument - many wind and brass instruments, for example, shouldn't be played before the child's second teeth are through because playing puts pressure on the teeth.

Q: "If I start feeding my baby formula milk with added prebiotics, is she less likely to develop allergies?"

A: John Collard, clinical director of Allergy UK, says: "Breast milk contains the correct balance of ingredients to give a new baby the best chance of a healthy start to life, reducing the risk of some allergies and infections."

"One way this is done is by ensuring that the right balance of bacteria is present in the baby's gut, which has a beneficial effect on the development of the immune system."

"Not everyone is able to breast feed. Although formula feeds are carefully designed to provide the best possible alternative to breast milk, a bottle-fed baby doesn't develop the same balance of bacteria in the gut, and it's this different gut flora that's thought to make allergies and infections more likely."

"Giving probiotics - the 'correct' bacteria - attempts to restore the healthy balance of bacteria in bottle-fed babies. Some trials have shown that this can reduce allergic disease, but the results haven't always been consistent."

"It's the presence of certain carbohydrates in breast milk (oligosaccharides known as GOS and FOS) which naturally produce the correct balance of bacteria in the gut. Studies have now shown that adding these substances (prebiotics) to formula feeds can produce a balance of bacteria in the gut which is very similar to that found in breast-fed babies, and which seems to offer a similar level of protection from allergy and infection."

"Breast is still best, but adding GOS and FOS to bottle feeds may close the gap to some extent."

Three ways to... help a young child build intelligence.

1. Help your child use all his senses to explore objects, and focus on one sense at a time.

2. As your child explores, talk a lot about what's happening and what you're doing.

3. Provide toys and objects that allow your child to see cause and effect - even if it's just a pan he can hit with a spoon to make a noise.

When eating at a restaurant with two or more children, it may be cheaper to split adult portions, rather than having separate kids' meals.



Website of the Week:

Lone-Parents.org.uk

This support site aims to provide a virtual meeting place for single parent mums and dads, to help reduce isolation or loneliness.

Visitors can make friends and get advice and support through the chat rooms and forums or even the dating site. There's also a lone parents' Survival Guide, and plenty of practical advice on issues including returning to work after looking after the children, and panic attacks, plus links to useful sites.

News for parents

Parents with two children will spend around £2,000 (£2,556.) entertaining them during the school summer holidays, a new survey has revealed.

Expenses include trips to theme parks and bowling alleys, which could cost £573 (£732) over the six weeks, and £776 (£992) on food.

Research by parenting club Bounty found that more than half of parents will be

forced to cut back on their own luxuries to afford the summer break for their kids.

Maybe parks, picnics and simple playing out would be a cheaper option - and just as much fun.



Visitors to Thorpe Park, the theme park in Chertsey, Surrey, enjoying the first ride on 'Colossus', the world record-breaking ten-loop rollercoaster ride. (Photo: Press Association)

A headteacher is cracking down on schoolgirls who turn up for class looking "orange" through cheap fake tans.

The trend, loved by glamour girls like Jordan and Jodie Marsh, is out of bounds for the young ladies at traditional Baines School in Lancashire, where headteacher Carol Robinson has sent a

letter to parents asking them to ensure their daughters don't come to school sporting fake tans.

So, while the Baines pupils' futures may be bright, they're certainly not orange.

Placing too much emphasis on preparing for tests means some children aren't receiving a well-rounded education, the chief inspector of schools has said.

Ofsted has warned that pupils were being limited in what they learned because of a tendency to focus on passing tests.

Trouble is, if the tests were

scrapped in an attempt to improve all-round education, different assessments would probably be introduced to check that the test-free system worked.



Pupils who sat a GCSE English exam at Colchester County High School for Girls, Colchester, Essex. (Photo: Press Association)

High street retailer Bhs is expanding its school uniform sizes due to obesity among children.

The chain is to extend its "generous fit" range for pupils who can't get into its biggest sizes, and it will now offer adult dress size 18.

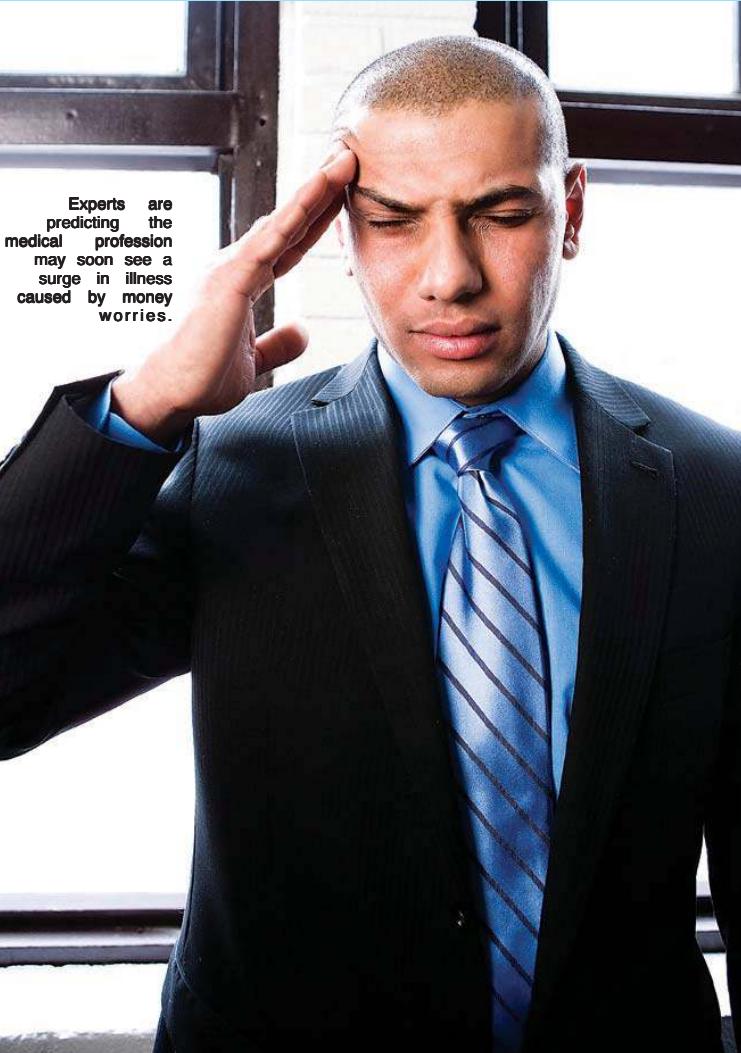
Doesn't giving obese kids a wider choice of clothes mean they've got less incentive to reduce their own weight?

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Don't let the credit crunch bite you



Experts are predicting the medical profession may soon see a surge in illness caused by money worries.

tion with growing financial uncertainty and anxiety about the future is bound to impact on people's health. Many will feel overwhelmed and worried that they can't cope.

"So doctors may well see more and more people exhibiting symptoms which are triggered by stress such as back pain, breathlessness, muscular tensions, and gut complaints such as pain, indigestion and diarrhoea. Stress also exacerbates existing illnesses like eczema, asthma, arthritis and migraines."

He estimates that currently around 50% of patients visiting doctors have illnesses which cannot be diagnosed or properly treated but whose origin is stress.

Stress hormones have a range of damaging effects on the body. Adrenalin increases inflammation, makes pain worse and ties the guts in knots. Cortisol raises



"Take a reality check and find out exactly what you are facing. It will help you feel more in control." Then make a plan.

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If financial worries are stressing you out, you're not alone - with various reports pointing to increased levels of depression and tension headaches, not to mention health problems associated with skipping meals and cancelling gym memberships.

Increasing bills, shrinking credit and gloomy forecasts that financially life can only get worse are fast becoming the ingredients of a toxic cocktail that threatens the nation's health.

Headaches, nausea, sleeplessness and exhaustion are thought to be just a few of the symptoms of today's most topical medical condition, Credit Crunch Stress.

Already there are reports of increased levels of depression and tension headaches, not to mention health problems associated with economising, like skipping meals, cancelling gym mem-

berships and drowning sorrows with alcohol.

Recently, 39-year-old postman Duncan Wilby from Yorkshire became one of the early fatalities of the current economic crisis. It was reported that, apparently troubled by financial problems, he took his own life.

Dr Nick Read, a physician and psychotherapist who specialises in stress-related conditions is just one expert predicting that the medical profession may soon see a surge in illness caused by money worries.

He says: "The current situa-



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blood sugar and blood pressure, makes infections worse and induces obesity and exhaustion.

Sleep deprivation caused by money worries is already, according to recent research, affecting those in particularly vulnerable professions - estate agents, lorry drivers and taxi drivers.

They are enjoying less sleep - only at best six hours a night - than those in other professions and trades, found a survey by Travelodge.

The company's director of sleep, Leigh McCarron, says: "It's no surprise that the professions in the industries worst hit by the credit crunch come top of the charts. We all know that money worries and job insecurity are key drivers of stress, which in turn, leads to significant sleep loss."

Its findings are backed by new research by sleep aid, Sominex, which discovered that a third of those it surveyed had disturbed nights because of money worries and a further third toss and turn over job worries.

Dr Wendy Denning, director of an integrated health centre in London points out: "Although our physical welfare has a massive impact on how we feel and behave, ironically it's often neglected in times of stress.

"Even simple things can help.

For instance when we're stressed we breathe less efficiently and take more shallow breaths, which doesn't get enough oxygen to our brain and body. Deep breathing exercises could improve that."

But she stresses that if people are worried about symptoms they should seek help from a health professional, who'll also check whether they may have any other underlying medical problem.

Our medical experts and stress specialists give their advice to help you avoid becoming a health casualty of the credit crunch.

:: SOOTHING SLEEP

Stress and anxiety are the enemies of a good night's sleep; around seven hours a night is recommended.

Dr Wendy Denning says: "A good night's sleep is crucial to allow our energy levels to recharge and our body and mind to repair itself. That's a particularly important process if we're trying to deal with difficult situations, where we need to be alert and refreshed to be able to cope."

Her advice: Try to allow enough time at the end of the day to prepare for sleep. Don't work until you're literally too tired to do any more as you'll be too exhausted to switch off sufficiently to rest, and avoid watching television late at night as it stimulates

the brain.

She adds: "Practise sleep hygiene around an hour before bedtime. Try to keep to a routine so your body knows it's time to relax. Clear your mind by making a list of tasks for the next day then put it aside until morning."

"Play soothing music, have a relaxing bath, do some gentle stretching to relax muscles, and maybe have a soothing scent like lavender in the bedroom."

'Rescue Night', combining Bach Rescue Remedy and flower remedy White Chestnut, aims to naturally promote sleep, see: www.rescueremedy.co.uk. Available in the UK from Tesco, Holland & Barrett and Boots stores.

:: SEX AND THE CITY

Scottish scientists reportedly found that sex isn't just an effective stress reliever for a short time - but that the benefits of one session helped to keep stress at bay for up to a week.

Unfortunately anxiety and stress is known to reduce libido. It was recently reported that young city high fliers are increasingly buying chemical stimulants like Viagra and Cialis as spiralling pressures impact on them.

Mitesh Soma, founder of online pharmacy Chemistdirect.co.uk, said a third of the monthly 10,000 orders now go to London's Square Mile or Canary Wharf.

He said: "The credit crunch and long hours have led to a surge in under-35s who need help."

Dr Denning says: "A drop in libido is a known side effect of stress. Relaxation techniques can help, but also talk about any problems with your partner or seek advice from a health specialist."

Even a cuddle may help physical well-being as it triggers the release of DHEA, an anti-stress



Stress and anxiety are the enemies of a good night's sleep; around seven hours a night is recommended. Dr Wendy Denning says: "A good night's sleep is crucial to allow our energy levels to recharge and our body and mind to repair itself."

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hormone which boosts cellular restoration in the body, according to Dr Hyla Cass, Professor of Psychiatry at the University of California.

:: DON'T PANIC

Panic attacks may be a symptom

of stress and anxiety. These can last for a brief period of around 15 minutes and feature a range of symptoms including dizziness, nausea, sweating and a racing heart.

TV doctor Chris Steel, who

appears on ITV1's This Morning, says: "The first thing you should do is see a doctor to make sure the symptoms aren't anything more than a panic attack.

"In a lot of cases they are simply the body's response to pro-

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longed stress and may not happen again. A patient can be reassured just by talking to a doctor.

"Very simply, your body is probably giving you a message. Check out your anxiety and stress levels and lifestyle and try to do something about them. Finding ways to rest and relax more can all help."

Amongst the treatments which can be recommended by a GP is Cognitive Behavioural Therapy (CBT), which involves weekly sessions where the sufferer talks to a therapist. There are also self-help tips, including breathing techniques.

BEAT THE BLUES

Low mood as well as feeling more irritable, forgetful, and finding it harder to concentrate can all be symptoms of stress, says Dr Wendy Denning.

She says it's vital to keep as positive an outlook as possible and cautions against over-focusing on the barrage of dire financial forecasts in the media.

"Dwelling on the worst possible outcome saps optimism and leads some people to obsess on negative thoughts. Thinking the worst all the time only helps it become a reality.

"Remember that you're not

alone. This is a national problem, but it won't last forever. There are many people who can help and support you but you must look after yourself too."

She recommends a multi-vitamin and mineral supplement to boost the body as stress may deplete levels of key vitamins like B and C, and magnesium and zinc, and suggests a balanced diet including meat, oily fish, eggs, green leafy vegetables, nuts, seeds and fresh fruit.

"Also, even half an hour's exercise five times a week - yoga's particularly good - can stimulate feelgood chemicals like serotonin that affect the brain and help people feel more positive and able to cope."

FACEREALITY

Fear of what may happen in the future is a major factor in raising stress levels, according to Richard Hilliard, director of the Relaxation for Living Institute.

Facing up to worries is vital and calming mentally, he advises.

He says: "Take a reality check and find out exactly what you are facing. It will help you feel more in control. If necessary get help from financial advisors, counsellors or debt-support organisations.

"Make a plan. Bridge the gap between where you are now and where you want to be by creating actions that move you towards your goal. Feel good about yourself when you achieve even small steps and try to appreciate the positive things in your life.

"Your self esteem may have taken a battering if you feel you've played a part in your financial problems so it's important to rebuild that, not just for your wellbeing and confidence, but also to help you avoid depression."

BANISH HEADACHES

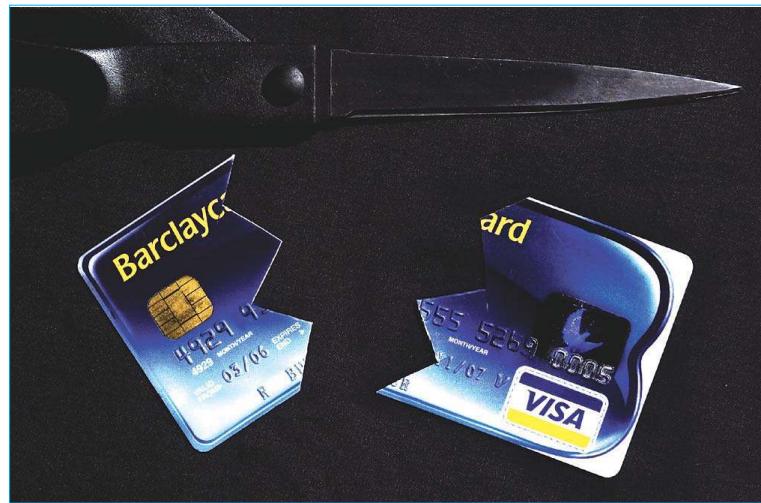
Tension headaches are on the increase, according to new research by Anadin Extra. Around 38% of people, particularly women, complain the number of headaches they suffer from has risen in the last year.

The symptoms of tension headache are a pain like a tightness around the 'hat-band' area, with some people feel a 'squeezing' or 'pressure' on their head. It usually occurs on both sides of the head and often spreads down the neck.

A tension-type headache may last from 30 minutes to seven days. Most last a few hours or so.

GP Dr Moheb Shalaby says:

"Your self esteem may have taken a battering if you feel you've played a part in your own financial problems."



"I see more and more people reporting that they are suffering from the consequences of stress, including headaches. These sort of tension headaches can go on several days - affecting a patient's ability to concentrate at work and get on with normal life."

Exercises to relax tense muscles in the neck and shoulders and

improve posture can be beneficial and Shalaby stresses: "If you do get a tension headache it is treatable, but many people do not realise that some painkillers are more effective for stress headaches than others."

"Try taking a combination treatment which contains aspirin, paracetamol and caffeine, available at local pharmacies."

Useful websites:

For more information on Dr Nick Read, go online to: www.nickread.co.uk

For more information on Dr Wendy Denning, go to: www.thehealthdoctors.co.uk

For more information on Relaxation For Living Institute, see: www.rfli.co.uk

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Joining the club in Sicily

There's no time for boredom at this action-packed Italian resort. Dangling upside down from a trapeze from just my sun-kissed knees and swinging through the hot air, I felt a rush of excitement and fear as the blood went to my head.

Peering down I could see some upside-down children's faces grinning in my direction and further away the ocean toppled onto the sandy bay. It was the first time I had tried out my circus skills. Despite my initial reluctance to have a go, as I walked away from the aerial equipment towards the beach, I was already planning my next session.

But the all-important question was: when was I going to fit this in to my hectic schedule? Between cycling, tennis, sailing, salsa classes and of course, those all important afternoons relaxing by the pool or on the beach with a cocktail in one hand and a book in the other, I was struggling to find a window in my week-long holiday diary.

Jackie, our friendly Club Med rep, told me it was impossible to get bored at the Kamarina resort. By day one of our holiday, I could see exactly what she meant.

On a pre-paid, all-inclusive holiday, guests can do as much or as little as they please. There is something for everyone - from body pump and aqua aerobics for the gym bunny in you, to archery, a climbing wall and quad biking for the more adventurous or jet skiing, kayaking and catamaran sailing for the water babes.

There is no pressure to be any good at any of these skills. As my partner tried to co-ordinate his two left feet during a salsa class one afternoon, the teacher was friendly and merely invited us both back to the next day's session.

The resort also stood out for its excellent tennis facilities. With around 25 clay courts, professional tuition and complementary racket and ball hire, it's the perfect place for any budding Andy Murray. The coaches arrange a number of singles, doubles



and family tournaments each week giving the chance of some serious international rivalries... and friendships.

The most evident thing about Club Med was its family-friendly ethos. Also included in the price of the holiday are a well developed range of kids' clubs. Children, aged from four to ten can go to the Mini Club Med, whilst 11 to 17-year-olds are

welcomed to the Club Med Password. Club Med Baby and Petite Club Med take care of the youngest.

The clubs are open for six days out of seven for nine hours a day and a special team of GOs ('Gentils Organisateurs') keep the children occupied and happy throughout the day, with sports and activities for the older children and early learning games, rest

periods and nursery rhymes for the younger guests.

One couple we met during our stay had three children between the ages of five and 11 and could not praise the staff enough for their patience and kindness.

Despite the fact that Club Med is a French company and their clientele mostly French and Italian, they said there would always be a fluent English-speaking GO. In

fact, we found that most staff spoke English anyway.

Mealtimes were also very child-friendly, with each of the four village restaurants equipped with high-chairs and dishes suitable for children and babies.

The food was fresh and locally-sourced with a huge selection of freshly cooked fish, meat and vegetarian dishes, salads and pasta choices to choose from. All the restaurants were self-service and our favourite was Trinacria in the hotel, which we found slightly less hectic and more peaceful than the other eateries, for both breakfast and dinner.

Every day at around one o'clock we would stumble into the Luna Rossa restaurant, just off the beach, for a slice or three of mouth-watering, oven-baked

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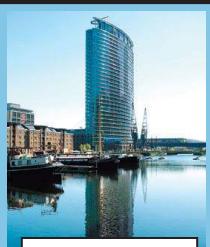
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pizza or a plate of recently-caught fish. There is also an outdoor bar serving an endless stream of alcoholic drinks, iced Italian coffee and fruit juice cocktails which can be found on the biggest and best of the resort's two beaches, adjacent to the two beach volleyball courts and the popular sailing school.

Beware: Continental European queuing rules apply in the race to book the day's many do-as-you-learn sailing tutorials so arrive right after breakfast to book yourself in and avoid the rush. Don't let the throng put you off. It is well worth it when you're picking up knots off-shore an hour later.

The service and tuition was outstanding from our arrival. As the coach pulled into Kamarina at the beginning of our holiday, the GOs stood clapping and greeting us as we disembarked, handing us drinks, spiriting our luggage away, and guiding us through picturesque cobbled streets to our rooms where champagne on ice awaited to soothe away the one-and-a-half-hour ride from the airport.

Corny, maybe, but the personal service was charming. The atmosphere at the village was fun and upbeat. The GOs worked tirelessly throughout the day, and by 9pm they would be on the stage in brightly-coloured outfits for the evening show.

As with everything in a Club Med resort, the nightly performances are not compulsory. Waltz in and straight out of the big tent if you're curious; no one will mind.

The accommodation was also surprisingly good. Across the 96-hectare village, the rooms are split between the main hotel and the villaggio, where we were based. The rooms, mainly within attractive bungalows, were spacious and functional. Despite a gaggle of noisy Italians partying late into the night, it was peaceful.

If you want to leave the resort, there are also a number of trips on offer. Kamarina is set near Ragusa and 80 miles south of Catania on the south-west coast of Sicily, so a trip to the main city Palermo is out of the question on a seven-day visit.

However, Club Med excurs-



Pictured above: An aerial view of Kamarina resort, Sicily, and left: The picturesquely Kamarina . Opposite page - top : The beach at Kamarina with sailing activities, and left: The trapeze at Kamarina in Sicily.



sions take in the magnificent castle of Donnafugata, the ancient city of Caltagirone and a day trip to Malta. We took a half-day trip to lively Vittoria where we witnessed the buzz of a traditional Sicilian market, bought some home-grown delicacies and watched the world go by.

During our break, Europe's tallest and most active volcano Mount Etna was spewing lava 400 metres into the air, which briefly closed Catania Airport and sent ash and smoke into nearby towns.

While the travel companies weren't, for obvious reasons, going too near the volcano, some travellers dared to go as close as possible. One lady we spoke to on the plane home described feeling the heat of the ash through the

soles of her heavy boots.

We decided to stay nearer to the resort and on a couple of occasions we left the village to go cycling around the Sicilian countryside. If joining the Lycra-clad Euro-elite, seemingly fresh from the Tour de France, on a 45-mile morning pedal-dash looks a bit like hard work, settle for the more leisurely afternoon ride.

The two rides my partner and I joined were actually rather challenging - especially when my chain fell off while climbing up from a valley deep in tomato-growing country. Lucky there was an ever friendly cycling instructor on hand to get me back up and pedalling in no time at all, back to the village to watch the sun set on a fantastically fun-filled holiday.

TRAVEL FACTS

Georgina Rodgers was a guest of Club Med which offers Sicily holidays with seven-night stays at Club Med Kamarina from £719/€919 per adult and £472/€603 per child (4-11) and from £250/€320 per child (2-3), incl return flights ex-Gatwick, and transfers, personal holiday insurance, all meals with wine, beer and soft drinks, open bar and snacks. Club Med Baby Welcome, Mini Club Med (4-10 years), Club Med Passworld (11-17 years) and various group classes and sporting activities. Free child places subject to availability.

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MUSIC FESTIVALS



Surf Fest – August 14th – 15th in Sagres. August 14th: Massive Attack; Morgan Heritage; ASA; Dub Pistols; Manif3tos. August 15th: Emir Kusturica & The No Smoking Orchestra; Groundation; Jahcouix & Dubios Neighbourhood; José Gonzalez; Triplet; Doces Cariocas. Tickets: €25 - €40.

Suróreggae – Surf and reggae music festival on August 22nd in Quarteira, featuring live music by: The Most Wanted, Prince Wadadam Cool Hipnoise, Riddim Culture Sound System. Call 289 400 600.

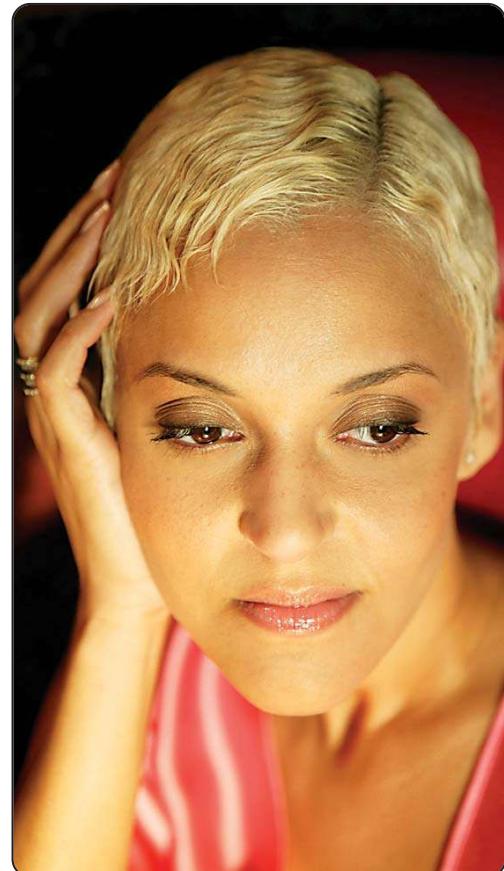
Eco Fest – Algarve Festival of Music and the Environment featuring live music by: August 16th: Rare Folk. August 17th: Tanira. Event to be held at Odeceixe in Aljezur. Call 289 864 563.

FolkFaro 2008 – countries such as Armenia, Bulgaria, Holland, India, Kenya, Columbia and Portugal competing for first place. August 16th: Opening gala with all countries at Teatro das Figuras from 10pm. August 17th: Children folk group from Faro and India August 18th: Luz de Tavira folk group and Kenya. August 19th: ARPI folk group and Holland. August 20th: Group 'Moças Nagragadas' and Columbia. August 21st: Dance Club of the secondary school from 10pm. August 22nd: Versus Tuna and Armenia. August 23rd: 'Portuguese tradition' group. August 24th: Parade of the Nations at Jardim Bivar from 9.30pm. Most acts take place at the marina promenade from 10pm.



LIVE CONCERTS

Mariza – Albufeira municipal day celebration on August 20th at the Fisherman's Beach from 10pm. Call 289 599 500.



SHOWS

Albufeira Air Show – one of the biggest air show to be held in the Algarve will take place on August 17th at the Fisherman's beach from 3pm. Call 289 599 500.

Portimão Fashion Week – on August 22nd: Miss Summer 2008 competition with live music by Fingertips and DJ Rita Mendes. August 23rd: Fashion show. The event will take place at Praia da Rocha in Portimão.

Ivan, The Jester – until the end of the month at Vilamoura Casino. Tickets: €27 (happy dinner); €40 (touristic dinner) or €14 show and drink.

Mundo Latino – until the end of the month at Hotel Algarve Casino in Praia da Rocha at Aladdin salon. Tickets: €27 (happy dinner); €40 (touristic dinner) or €10 show and drink.

Jesus Crist Super Star – at Portimão arena until August 31st. Tickets: €15 - €30. Subtitles in English.



SHOWS

1st Algarve International Guitar Festival – Lagos: live music by Ricardo Gallén on August 21st at Church Santo António in Albufeira from 10pm. Call 282 780 060. Albufeira: live music with Eden-Stell guitar duo on August 22nd at Albufeira Church from 10pm.

Joel Xavier presents Saravá – August 22nd from 10pm at Lagos Cultural Centre from 10pm. Call 282 780 060.

ON GOING EXHIBITIONS

INAUGURATIONS

August 23rd until September 27th – **Opening party Saturday August 23rd at 6.30pm until 8.30pm.** Joint exhibition of contemporary paintings Alma von Wilgenburg & Wendy Tate. Tickets: €10 includes music with Manuela Lopes, canapés and Vida Nova Rose wine. Telephone 912 737 762 or 918 980 199. Gallery - housed inside Boliqueime railway station - open 5 days per week from 11am until 5pm. Closed on Mondays and Tuesdays.

ALGARVE

Until August 17th – **Marine life** painted on tiles at Vila do Bispo Cultural centre. Until August 26th – 'O Ser e o Tempo' by Teresa Cena and Ricardo do Vale at Escola das Artes in Lagoa. Until August 31st – Paintings by A Moura in Péra at Urbanização Barrocal, Lote 59. Call 968 729 083. Until September 5th – Paintings by José Marreiro at EMARP in Portimão. Call 282 400 260. Until September 15th – Contemporary plastic art by João Pedro Vale at Cerro da Vila museum in Vilamoura.

Until September 1st – **Butterfly** exhibition at Slave market in Lagos.

Until September 10th – **Lab Series** by Jorge Bandeira at São José Convent in Lagoa. Call 282 380 434.

Until September 15th – Paintings by Brian Mehl at Escola das Artes in Lagoa. Gallery open from 9am to 12.30pm and 2pm to 5.30pm, closed on Saturdays, Sundays and public holidays.

Until September 15th – **Jardim Azul** at Sala Polivalente at São José Convent in Lagoa. Call 282 380 434.

Until September 16th – Collective exhibition in aid of Club Bus charity at Versus Café in Loulé. Call 289 103 773.

Until September 17th – **Miniature train** exhibition by ARCA at the Recreational Association and Culture of Amorosa in Messines. Entrance is free. Call 282 338 547.

Until September 30th – **Gerardo Burnester** at TREM gallery in Faro. Call 289 804 197.

LISBON

Until August 30th – **Anna Taratiel** 'in between' exhibition at Zauf projects Contemporary Art gallery in Lisbon. Call 913 176 005.

Until August 31st – 'A Arte da Terra' is featuring an exhibition on the cockerels of Barcelos gallery located on Rua de Augusto Rosa, nº 40. Call 212 745 975.

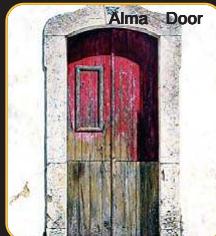
Until August 31st – **A Três Mãoz** at Hotel Villa Albatroz in Cascais. Call 214 863 410.

Until September 7th – **Los Silencios de Colón** sculptures at Estoril Casino. Call 214 667 700.

Until September 28th – **José Saramago** and **Agostinho Santos** paintings and drawings at Museu Nacional da Imprensa in Lisbon, on Praça do Comercio in Lisbon. Entrance is free.

OPORTO

Until August 21st – 'Remix Onírico' by Luis Athouguia at gallery Lucília Guimarães in Guimarães. Call 253 414 135. Until October 12th – **David Goldblatt**, Intersections: Intersected at Museum Serralves in Oporto. Call 226 156 500. Until November 2nd – **Todas as Histórias** film exhibition at Museu Serralves in Oporto. Call 226 156 500. Until November 2nd – Cinematic photography by **Manoel de Oliveira** at Museu Serralves in Oporto. Call 226 156 500.



Send your exhibition listing to copy the-news.net with dates, name of the artists and exhibition location by Tuesday before publication.

events which are cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

FAIRS & FESTIVITIES

Silves Medieval festival – yearly event taking place at Silves city centre until August 17th. Dress up and party like the medievals.

Sardine festival – until August 17th at Portimão riverside featuring the much loved Portuguese traditional sardines. Live performances from: August 16th: Martinho da Vila. August 17th: Just Girls. Tickets: €3,50 (under 10's go free). Gates open daily at 6pm, concerts start at 10.30pm. There will also be a firework display at the end of each evening.

Handicrafts Fair – until 17th at Albufeira Marina. Call 289 514 282 or visit www.matahadealbufeira.com.pt

Handicrafts & Book Fair – until August 24th at Calçadão de Quarteira.

Book Fair – Portuguese book fair at Portimão riverside until August 24th.

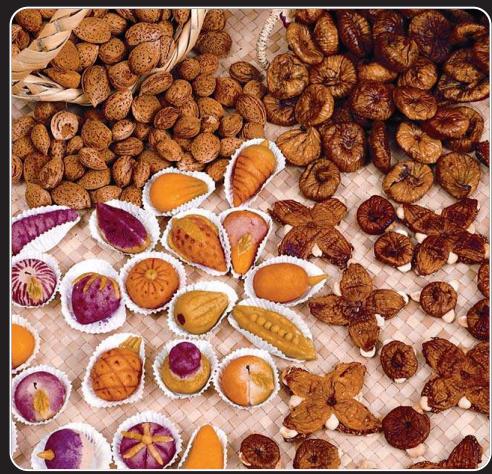
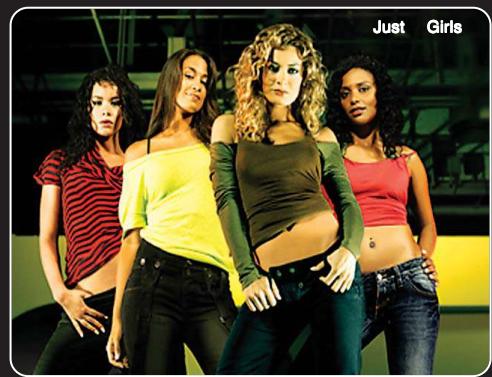
Book Fair – Portuguese book fair in Lagos until August 24th.

Gastronomy Fair – Flavours of Rogil on August 16th and 17th at Aljezur. Call 282 998 102.

5th Ria Festival – August 20th to 25th from 8pm at Fuseta. Visit www.fozodaeta.net

Folklore Festival – August 16th at Vila Real Santo António. Call 281 510 001.

Regional sweet, fruit, nuts and drinks fair – from August 16th to 24th at Jardim Manuel Bivar in Faro near marina. Call 289 897 252.



CARBOOT SALES

Saturday, August 16th – Albufeira, near Rua das Escolas

Sunday, August 17th – São Brás de Alportel, near EB 2 / 3 Poeta Bernardo Passos school

Sunday, August 17th – Portimão, park of fairs and exhibitions

MARKETS

Saturday, August 16th – Tavira, rua Vale Caranguejo

Sunday, August 17th – Vila Real Santo António

Monday, August 18th – Aljezur

Monday, August 18th – Silves, near cemetery

Tuesday, August 19th – Albufeira, Calçicos

Thursday, August 21st – Alte, Largo José Cavaco Vieira

MUSIC EVENTS SOON

Your weekly guide to the best summer festivals coming your way... **Music Festivals**

AUGUST

Noites Ritual Rock – August 29th – 30th at Jardim do Palácio de Cristal in Oporto. August 29th: Sam The Kid; Tiago Bettencourt & Marinha; Micro

Audio Waves. August 30th: Buraka Som Sistema; Linda Martini; Rita Redshoes. Entrance is free.

SEPTEMBER
Festa do Avante! – September 5th –

7th Seixal (Amora) Quinta da Atalaia. Acts yet TBA.

Caos Emergente – September 12th – 14th at Paredes (Recarei).

Live Concerts

Mariza & Convidados (Algarve) – August 29th at Loulé, Vale do Lobo. Tickets: €30.

SEPTEMBER
João Pedro Pais – September 4th at Estoril Casino from 11.30pm. Entrance is free.

Madonna – September 14th at Lisboa Vida Park. Tickets: €60.

NOVEMBER

Peter Murphy – November 1st at Lisbon Coliseu and November 2nd at Oporto Coliseu.

Fat Freddy's Drop – November 7th at Cascais, Carcavelos at Quinta dos Lombos from 9pm. Tickets: €23.

DECEMBER
Gogol Bordello – December 10th at Lisbon Praça de Touros do Campo Pequeno.

TICKETS Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. **Websites:** www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: Ticketline 707 234 324

PUBLICATIONS RECEIVED

A potted aviation history of the Azores

Whether you are an aviation buff or have only the slightest interest in these Portuguese islands you are sure to be entertained by this highly readable little book.

Most people have only a vague idea exactly where the Azores (in Portuguese – Açores) are, and would probably say "in the Atlantic off the coast of North Africa somewhere." But in fact they are almost halfway between Newfoundland and Portugal, and it is their very location that has made them such an important historical staging post. Discovered by the Portuguese in the early 1400s, who managed to keep control despite interest from other maritime nations, in particular England and Spain. The nine islands and surrounding waters were again coveted in the 20th century by opposing powers of both World Wars. How-

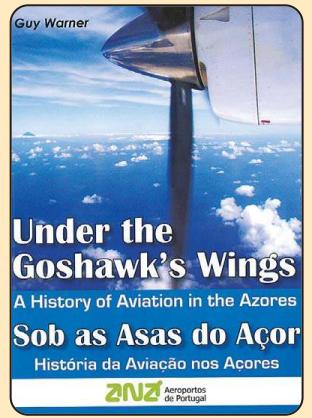
ever, following the revolution of April 1974 the Azores were granted the status of Autonomous Region under the Portuguese Constitution.

The Azores have a rich history of aviation, from the early days of flying boats and Zeppelin airships through to the four major airports established on four of the islands along with today's modern aircraft, both military and passenger carrying. All of which can be followed in fascinating detail accompanied by a vast quantity of colour, and black and white photos, and illustrations.

Under the Goshawk's Wings – A History of Aviation in the Azores Guy Warner in association with ANA Aeroportos de Portugal. Published

in paperback, with 88 pages of text in English and Portuguese, and packed with both colour and mono photographs. Available from the Anglo-Portuguese Society, 2 Belgrave Square, London, SW1X 8PJ (www.angloportuguese-society.org.uk)

Sherry Hughes



If you have a publication you would like to tell us about, send us a short review with a good quality picture. Don't forget to tell us where the book is available from! Send to copy@the-news.net

Compete for the Cup

The International Algarve Fair will this September be launching a unique competition that is set to provide visitors and participants with endless hours of fun.

During the two-day fair a maximum of 16 teams will be vying for the title of becoming the first Human Table Football champions of the Algarve.

A side consists of five players, though substitutes are recommended as each team will play a minimum of three matches as they look to



qualify for the knock-out stages of the tournament. The cost of participating is €50 a team, with all proceeds being donated to the Lagoa Fire Department. Teams can represent companies, countries or merely be a group of friends. But as the number of teams are limited, interested parties are advised to contact Tommy Broad as soon as possible on tel: 282 380 317 or e-mail: tommy@the-news.net in order to have a shot at the inaugural International Algarve Cup.



20th & 21st September
Fatacil, LAGOA
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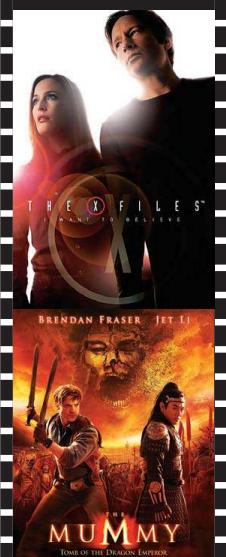
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1 **The Mummy: Tomb of the Dragon Emperor**
Brendan Fraser, JetLi
13.45-18.50-21.20-23.50
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
16.10

2 **Space Chimps**
Animation
16.20

3 **Batman: The Dark Knight**
Christian Bale, Heath Ledger
(12.30 Sat & Sun) 19.10-22.30

4 **Get Smart**
Steve Carell, Anne Hathaway
14.05-16.35-19.00-21.40-00.10

5 **WALL-E**
Animation OV
(11.55 Sat & Sun) 14.15-16.40-19.05-21.30-23.55

6 **WALL-E**
Animation PV
(12.10 Sat & Sun) 14.35-17.00-19.25-21.50-00.15

7 **Batman: The Dark Knight**
Christian Bale, Heath Ledger
23.55

8 **Space Chimps - Animation**
14.20

9 **Hancock**
Will Smith, Jason Bateman
(12.10 Sat & Sun) 19.50-22.00

10 **The X-Files: I Want to Believe**
David Duchovny, Gillian Anderson
14.35-17.00-19.25-21.50-00.15

11 **Space Chimps**
Animation
12.10

12 **Indiana Jones and the Kingdom of the Crystal Skull**
Harrison Ford, Shia LaBeouf
00.00

13 **The Chronicles of Narnia: Prince Caspian**
Ben Barnes, William Moseley
PV: (11.45 Sat & Sun) 17.55
OV: 14.50-21.00

14 **Kung Fu Panda**
Animation
PV: (12.20 Sat & Sun) 19.05
OV: (10.10 Sat & Sun) 14.30-16.40

15 **Wanted**
James McAvoy, Angelina Jolie
21.35

16 **Tropa de Elite**
Wagner Moura, André Ramiro
00.20

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14 AUG-20 AUG

WALL-E
Animation PV
15.30-18.30-21.30-00.00

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1 **WALL-E**
Animation PV
12.50-15.00-17.15-19.35

2 **The Chronicles of Narnia: Prince Caspian**
Ben Barnes, William Moseley
21.35-00.25

3 **WALL-E**
Animation PV
12.50-15.00-17.15-19.35-21.50-00.10

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13.50-16.20-18.50

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James McAvoy, Angelina Jolie
21.25-23.50

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Christian Bale, Heath Ledger
12.40-15.35-18.30-21.25-00.20

5

Space Chimps
Animation PV
13.20-15.30-18.00

Hancock
Will Smith, Jason Bateman
21.10-23.30

6

Get Smart
Steve Carell, Anne Hathaway
13.40-16.10-19.00-21.30-23.55

7

The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, JetLi
13.10-15.50-18.35-21.20-23.45

8

WALL-E
Animation OV
13.00-15.10-17.25-19.45-22.00-00.15

9

The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
13.30-16.10-18.40-21.40-00.05

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1 **WALL-E**
Animation PV
12.50-15.00-17.10-19.20-21.30-23.45

2 **The X-Files: I Want to Believe**
David Duchovny, Gillian Anderson
13.20-15.50-18.20-21.20-23.55

3

Kung Fu Panda
Animation PV
13.10-15.40

Batman: The Dark Knight
Christian Bale, Heath Ledger
18.00-21.00-00.00

4

Space Chimps
Animation PV
13.00-15.10-17.00-19.00

The Chronicles of Narnia: Prince Caspian
Ben Barnes, William Moseley
21.10-00.05

5

The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, JetLi
13.40-16.10-18.40-21.50-00.20

6

Get Smart
Steve Carell, Anne Hathaway
13.30-16.00-18.30-21.40-00.10

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WALL-E
Animation

The X-Files: I Want to Believe
David Duchovny, Gillian Anderson

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Batman: The Dark Knight
Christian Bale, Heath Ledger

Wanted
James McAvoy, Angelina Jolie

The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, JetLi
Kung Fu Panda

Animation OV & PV

Harold & Kumar: Escape from Guantanamo Bay
John Cho, Kal Penn

The Chronicles of Narnia: Prince Caspian
Ben Barnes, William Moseley OV & PV

Hancock
Will Smith, Jason Bateman

Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf

Space Chimps
Animation OV & PV

Tropa de Elite
Wagner Moura, André Ramiro

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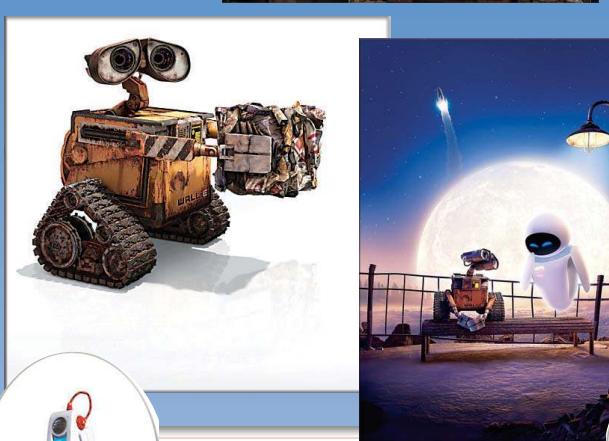
Hancock
Will Smith, Jason Bateman

The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, JetLi

The Chronicles of Narnia: Prince Caspian
Ben Barnes, William Moseley OV & PV

Space Chimps
Animation PV

Hancock
Will Smith, Jason



What if mankind had to leave Earth, and somebody forgot to turn the last robot off?

Academy Award-winning writer-director Andrew Stanton (*Finding Nemo*) and the inventive storytellers and technical geniuses at Pixar Animation Studios (*The Incredibles*, *Cars*, *Ratatouille*) transport moviegoers to a galaxy not so very far away for a new computer-animated cosmic comedy about a determined robot named WALL-E.

After hundreds of lonely years of doing what he was built for, WALL-E (short for Waste Allocation Load Lifter Earth-Class) has become sentient and particularly curious. He collects items that he finds interesting among the refuse, saves spare parts for himself from other inactive WALL-E units he finds, and frequently watches a videotape of the 1969 musical film *Hello, Dolly!*, especially the performances of “Put on Your Sunday Clothes” and “It Only Takes a Moment”. This teaches him emotion, emphasizing the act of holding hands, which he interprets to be an act of love; however, with no one to hold hands with, WALL-E is forlorn.

And then, WALL-E discovers a new purpose in life, when he meets a robot named EVE. EVE (Extraterrestrial Vegetation Evaluator) is a feminine probe droid sent with the incidental directive of finding plant life, and WALL-E falls in love with her upon first sight. EVE comes to realize that WALL-E has inadvertently stumbled upon the key to the planet's future, and is taken back to space to report her findings to the humans (who have been eagerly awaiting word that it is safe to return home). Meanwhile, WALL-E chases EVE across the galaxy and sets into motion one of the most exciting and imaginative comedy adventures ever brought to the big screen.



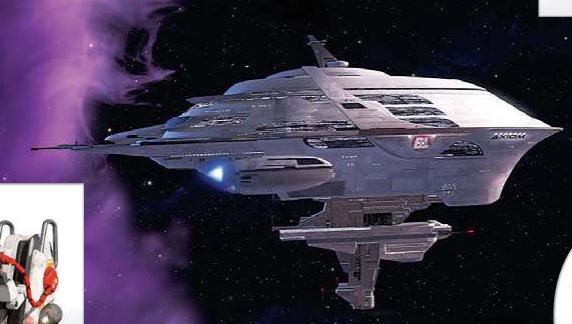
Disney • PIXAR

WALL-E



WALL-E is the only one still truly living. And what is the ultimate purpose of living? To love. And WALL-E falls head over heels with a robot named EVE. Now, WALL-E's feelings aren't reciprocated because, well, she has no feelings. She's a robot, cold and clinical. WALL-E is the one who has evolved over time and garnered feelings. So in the end, it's gonna be WALL-E's pursuit to win EVE's heart, and his unique appreciation of life to become mankind's last hope to rediscover its roots. In short, it's going to take a robot's love to help make the world go round.

Writer & Director Andrew Stanton



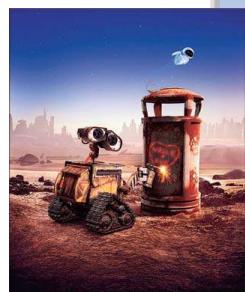
Joining

WALL-E on his

fantastic journey across a universe of never-before-imagined visions of the future, is a hilarious cast of characters including a pet cockroach, and a heroic team of malfunctioning misfit robots.

Filled with surprises, action, humour and heart, WALL-E was written and directed by Andrew Stanton and features original and innovative sound design by

Academy Award-winner Ben Burtt (*Star Wars*, *Indiana Jones*, *E.T. the Extra-Terrestrial*).



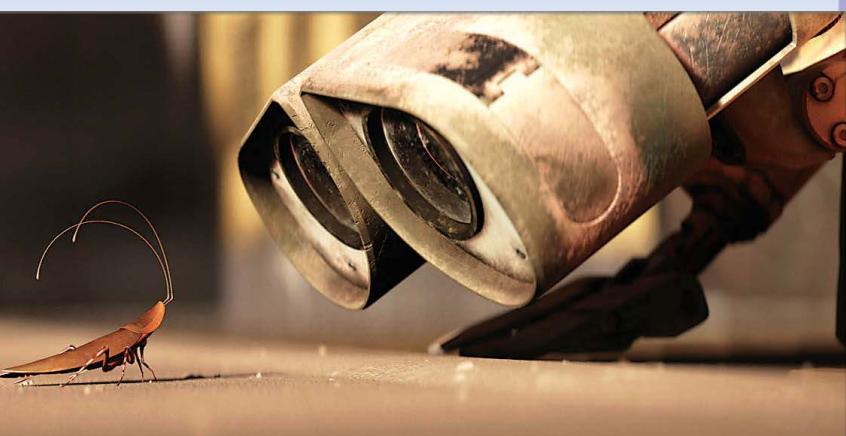
Andrew Stanton conceived WALL-E before *Toy Story* was made; the idea was, “What if mankind evacuated Earth and forgot to turn off the last remaining robot?” Pete Docter developed the film for two months in 1995, after Stanton explained the story to him, but he decided to make *Monsters, Inc.* (2001) instead, as he was unsure of telling a love story. The idea continued to preoccupy Stanton, because of his love of space and personifying inanimate objects.

After directing *Finding Nemo*, Stanton felt they “had really achieved the physics of believing you were really under water, so I said ‘Hey, let's do that with air’. Let's fix our lenses, let's get the depth of field looking exactly how anamorphic lenses work and do all these tricks that make us have the same

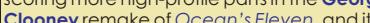
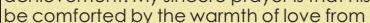
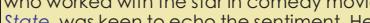
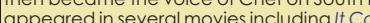
kind of dimensionality that we got on *Nemo* with an object out in the air and on the ground”.

The design of the robots came about by Stanton telling his designers, “See it as an appliance first, and then read character into it”. In creating the title character, the animators were inspired by a pair of binoculars and by Luxo Jr., the lamp featured in the Pixar logo. Stanton was playing with a pair of binoculars, which looked happy or sad depending on whether they were upside down or not. Stanton felt “you don't need a mouth, you don't need a nose, you get a whole personality just from [the eyes]”, which meant the audience would feel he is “not just a human in a robot shell”. WALL-E's body came from the logic of having his head, arms, and legs pull into his body like a turtle and tank treads that would allow him to overcome any terrain. The director also acknowledged he may have been subconsciously influenced by *Johnny 5* from the film *Short Circuit*, which he saw once.

Stanton pitched the story to Ben Burtt who signed on to do the sound design. There is little traditional dialogue in the film; Stanton joked, “I'm basically making R2-D2: The Movie”, in reference to Burtt's work on *Star Wars*. To create dialogue, Burtt took various mechanical sounds, and combined them to resemble dialogue. When WALL-E recharges his battery by means of solar energy, he makes the same startup chime as does a Macintosh computer. Executive producer John Lasseter said of the film's lack of dialogue that “the art of animation is about what the character does, not what it says. It all depends on how you tell the story, whether it has a lot of dialogue or not”.



C E L E B N E W S

Comedian **Bernie Mac** has died after losing his battle with pneumonia. The 50-year-old *Ocean's Eleven* star passed away Saturday morning, August 9th, at Northwestern Memorial Hospital in Chicago, Illinois, two weeks after being admitted to the medical centre. News of the actor's illness emerged at the start of the month, but his publicist released a number of statements playing down reports of Mac's deteriorating health. But the star - who had also been suffering from sarcoidosis, a tissue inflammation disease, since 1983 - died after experiencing complications from pneumonia. Born Bernard Jeffery McCullough in Chicago in 1957, the actor began his showbiz career as a stand-up comedian. Mac had small acting roles in movies such as *Ice Cube*'s 1995 street classic *Friday* and 1997's *Booty Call*, before scoring more high-profile parts in the *George Clooney* remake of *Ocean's Eleven*, and its sequels *Oceans Twelve* and *Ocean's Thirteen*. His other movie appearances include *Charlie's Angels: Full Throttle* in 2003 and last year's *Transformers*. Despite his Hollywood career, he remained an important figure on the stand-up circuit, and toured the U.S. as part of *The Kings of Comedy* show with **Steve Harvey**, **Cedric the Entertainer** and **D.L. Hughley**. He was also a popular figure on the small screen, and in 2001, scored his own sitcom, *The Bernie Mac Show*, which earned him Emmy Award nominations in 2002 and 2003 for Outstanding Lead Actor in a Comedy Series. The show ran until 2006. Mac is survived by his wife of more than 30 years, Rhonda McCullough and their grown-up daughter Je'Niece.  **George Clooney** and **Brad Pitt** have paid tribute to their *Ocean's Eleven* co-star **Bernie Mac**. Clooney and Pitt were both saddened to hear of Mac's death. Clooney tells People.com, "The world just got a little less funny. He will be missed dearly". Pitt adds, "I lament the loss of a ferociously funny and hardcore family man. My thoughts are with (wife) Rhonda and their family. Bernie Mac, you are already missed". **Samuel L. Jackson** says he was honoured to have shared a screen with Mac in recent movie *Soul Men*. He says, "It goes without saying that Bernie was one of the preeminent comedians of our generation. He was also an attentive husband, a great father and loving grandfather. I feel blessed to have shared years of friendship with **Bernie Mac**, and I'm honoured to have finally co-starred with him in what I consider to be his finest cinematic acting achievement. My sincere prayer is that his family will be comforted by the warmth of love from all of us who knew and respected this man".  **Ice Cube**, who appeared with Mac in his first significant movie role as Pastor Clever in 1995 film *Friday*, tells the MTV Us News website, "Today and tomorrow will never be as funny as yesterday, without **Bernie Mac**, a true original". And **Chris Rock**, who worked with the star in comedy movie *Head of State*, was keen to echo the sentiment. He tells E! online that Mac was "one of the best and funniest comedians to ever live, but that was the second-best thing he did. Bernie was one of the greatest friends a person could have. Rock adds, "Losing him is like losing 12 people, because he absolutely filled up any room he was in. I'm gonna miss the Mac Man".  **Isaac Hayes**, who came into prominence as a hit-making soul singer in the '60s, then went on to compose the film scores for *Shaft*, *Tough Guys*, and *Truck Turner* in the '70s and '80s, then became the voice of Chef on *South Park* and appeared in several movies including *It Could Happen to You* and *Reindeer Games* in the '90s, died Sunday morning, 10th August, of an apparent heart seizure in Memphis at age 65. **Isaac Hayes** is most famous for his number one hit and 1971 Grammy Award-winning Theme From *Shaft* from the iconic movie. Hayes and Bernie Mac performed recently in *Soul Men*, due to be released in November.  *The Dark Knight* continues to break U.S. box-office records, earning \$26 million in its fourth week of release. The *Batman Begins* sequel has now earned over \$441.5 million in America alone - making it the third top-grossing film of all time. *The Dark Knight* has now moved within striking distance of the original *Star Wars* to claim the title of the second-highest-grossing movie of all time. With its domestic gross now standing at \$441.5 million, the movie should overtake the **George Lucas** classic, which has had several rereleases that have brought its total to \$461 million. At its current pace, it should surpass that figure by next weekend. Nevertheless, box office analysts give the movie scant chance of breaking *Titanic*'s record of \$601 million. Once again, the *Batman* movie wound up at the top of the box-office, beating out the debut of the stoner comedy *Pineapple Express*, which earned \$22.4 million. It was the first movie to hold on to the box office crown for four consecutive weeks since *Lord of the Rings: Return of the King* did so in 2003. 

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Chapter 27
Jared Leto, Lindsay Lohan
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
Made of Honor
Patrick Dempsey, Michelle Monaghan
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Harrison Ford, Shia LaBeouf
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Surveillance
Bill Pullman, Julia Ormond
Space Chimps - Animation PV
Joy Division - Documentary

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I Served the King of England
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John Cho, Kal Penn
Tropa de Elite
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Kung Fu Panda - Animation PV
The Happening
Mark Wahlberg, Zooey Deschanel
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Get Smart
Steve Carell, Anne Hathaway
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Kung Fu Panda
Animation OV & PV
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Wanted
James McAvoy, Angelina Jolie
Batman: The Dark Knight
Christian Bale, Heath Ledger
Get Smart
Steve Carell, Anne Hathaway

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Get Smart
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Christian Bale, Heath Ledger
WALL-E
Animation Digital PV
Wanted
James McAvoy, Angelina Jolie
The Chronicles of Narnia: Prince Caspian
Ben Barnes, William Moseley
Hancock
Will Smith, Jason Bateman
Space Chimps - Animation PV
El Orfanato
Belén Rueda, Fernando Cayo
The Chronicles of Narnia: Prince Caspian
Ben Barnes, William Moseley
Harold & Kumar: Escape from Guantanamo Bay
John Cho, Kal Penn
Tropa de Elite
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SUN

BBC1

6.00 Olympic Breakfast. Including a recap of the women's marathon. (T) 8.20 Olympics 2008. Including the remaining rowing finals. (T) 12.00 Olympics 2008. Athletics and boxing. Continues on BBC2. (T) 4.45 Lifeline. (T) 4.55 Songs of Praise. (T)

5.30 Keeping Up Appearances. Hyacinth remains convinced that Emmet's shyness is the only reason she hasn't been cast in his latest musical. Patricia Routledge stars. (R) (T)

6.00 Last of the Summer Wine. Alvin and Entwistle try their hands at matchmaking when Mervyn falls madly in love with a woman working at the local pizza place. Comedy, starring Phillip Fox. (T)

6.30 BBC News: Regional News; Weather. (T)

7.00 Olympics 2008: Games Today. Gabby Logan introduces highlights from the ninth day of competition in Beijing, including the women's marathon and five athletics finals from the National Stadium. Paula Radcliffe is hoping to feature in the marathon after the ignominy of failing to finish in Athens four years ago, while British compatriots Mara Yamauchi and Liz Yelling are also hoping to give a good account of themselves. Inside the stadium, medals are up for grabs in the men's hammer and 10,000m and the women's 3,000m steeplechase, triple jump and 100m, while the rowing finals conclude and the track cycling events continue. Digital viewers can access additional interactive highlights. (T)

8.00 Pacific Abyss. New series. Kate Humble joins a team of divers, marine biologists and underwater film-makers on a 2,000-mile journey across the Pacific Ocean, with the aim of finding new species. (T)

9.00 Britain from Above. In East Anglia, Andrew Marr flies 10,000 feet above ground to locate a patchwork quilt of fields that produce a quarter of the country's wheat and barley. He also investigates how farmers are using military-style spy planes and GPS technology to monitor their crops, and faces his biggest challenge yet - a daunting plummet from an airborne plane in his first ever skydive. (T)

10.00 BBC News; Weather. (T)

10.20 Almost Famous. Alex Zane introduces a range of clips showing some of Britain's biggest celebrities in the days before they were household names. The future stars featured include Pete Doherty, Russell Brand, Ant and Dec, Britney Spears and the Spice Girls, not to mention X Factor judges Simon Cowell and Dannii Minogue, when they were still unknowns themselves. (T)

11.15 FILM: Scenes of a Sexual Nature (2006). Ensemble drama, starring Ewan McGregor; (T) Weatherview. (T)

12.50 BBC News. (T) 1.05 Olympics 2008. Athletics, triathlon and beach volleyball. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla! (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Legend of the Dragon. (R) (T) 7.25 The Batman. (R) (T) 7.45 Best of Friends. (R) (T) 8.15 Haven: The Secret Temple. (R) (T) 8.40 SMart. (T) 9.40 Match of the Day. (T) 11.00 Countryfile. (T) 12.00 BBC News. (T) 12.05 Motor Park. (T) 12.35 Coast. (T) 12.45 Live MotoGP. The Czech Republic Grand Prix. (T) 2.00 EastEnders. (T) 3.30 Murder, She Wrote. (R) (T) 4.15 Flog It! (R) (T) 4.45 Olympics 2008. (T) 6.00 Earth: The Power of the Planet. (R) (T) 7.00 Dragons' Den. Ideas pitched to the dragons include an innovative new feature for men's underwear, an award-winning pram accessory and a motorcycle helmet with built-in windscreens. (R) (T) 8.00 Top Gear. Further highlights from the show's 10th series. The trio travel across the continent to find Europe's finest driving road. Ronnie Wood is the Star in a Reasonably Priced Car. (R) (T) 9.00 Long Way Round. The epic journey comes to an end. Last in series. (T) 10.00 Britain from Above. How intensive farming methods have altered the British countryside. (T) 10.30 Match of the Day 2. (T) 11.30 FILM: In Too Deep (1999). Thriller, starring Omar Epps. (T) 1.05 Sing Zone: Lost Land of the Jaguar. (R) (T) 2.05 Sing Zone: Holby City. Linden is preoccupied with the conjoined twins. (R) (T) 3.00 Sing Zone: Celebrity MasterChef. (R) (T) 4.00 The Super League Show. (T) 4.30 BBC News. (T)

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Transworld Sport. (T) 7.55 The Silverstone Classic. (T) 8.50 T4: Friends. Monica makes a huge lasagne blunder. (R) (T) 9.30 T4: Hollyoaks. (T) 12.00 T4: Big Brother's Little Brother. (T) 1.00 T4: Friends. Chandler sees Rachel in the nude. (R) (T) 2.35 T4: Big Brother's Diary Room Uント. (T) 4.10 T4: Friends. (R) (T) 4.40 T4: The Simpsons. Homer and Marge reignite their love life. (R) (T) 5.10 T4: The Simpsons. (R) (T) 5.45 T4: V Festival 2008: Sunday Live. (T) 6.45 Channel 4 News. (T) 7.00 Make Me a Christian. The Rev George Hargreaves and his team try to teach a couple to resist sexual temptation, and later the group test their mentors' resolve with a series of un-Christian stunts. (T) 8.00 Wife Swap. Working mother Suzanne Newman exchanges her suburban life with Polish housewife Violetta Butler, whose daily routine is dominated by the needs of her incapacitated husband Tony. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 The Perfect Vagina. Why an increasing number of women are considering vaginal surgery. (T) 11.40 Music: V Festival 2008. (T) 1.10 Big Brother Live. 4.20 Make Me a Christian. (R) (T) 5.20 St Elsewhere. A psychiatric patient is mistaken for the chairman of the review board. (R) (T)

C4

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17 AUG

Pick of the Day

Long Way Round (BBC2, 9pm)

Hollywood superstars are supposed to be untouchable, pristine images flickering on the silver screen. Someone ought to tell Ewan McGregor. He shed his heartthrob tag for this documentary series, in which he and old pal Charley Boorman travelled from London to New York. But the pair aren't simply hopping on a first-class flight. They are — as the title suggests — taking the scenic route. They've faced the world's worst roads in Kazakhstan, a complete lack of them in Mongolia, and have been faced with impassable terrain in Siberia. As we reach the final episode, the strain of all the off-road adventures looks set to take its toll on Ewan and Charley as they hit North America. Far from confronting lumpy, bumpy terrain, here there is nothing but smooth, flat tarmac — which presents dangers in itself, as the riders risk falling asleep on the monotonous surface. Things get hairy again in Canada, when a reckless driver causes a near-fatal accident for Ewan. Luckily, he's all right, and the Hollywood moneymen breathe a sigh of relief as he and Boorman make their way to the Big Apple, flanked by a convoy of fellow bikers. Sore bottoms all round, do we think?

5.00 CITV: Jim Jam & Sunny. (T) 5.10 Jim Jam & Sunny. (T) 5.25 Jim Jam & Sunny. (T) 5.45 Jim Jam & Sunny. (T) 6.00 GMTV. (T) 9.25 The Championship. (T) 10.25 CITV: Captain Mack. (T) 10.40 Finger Tips. (R) (T) 10.55 Art Attack. (R) (T) 11.20 Drake & Josh. (R) 11.50 ITV News and Weather. (T) 11.55 London Today; Weather. (T) 12.00 Crocodile Hunter Diaries. (R) (T) 1.00 The X Factor. (R) (T) 2.00 FILM: The Great St Trinian's Train Robbery (1966). Comedy, starring Frankie Howerd. (T) 3.50 FILM: Carry On Cleo (1964). Saucy comedy, starring Kenneth Williams. (T)

5.30 The Unforgettably Joan Sims. Profile of the comedy actress. (R) (T)

6.00 The Way We Were. Nostalgic documentary looking at holidays, including a visit to the stunts divers of Yarmouth's Waterfolies, going under canvas with teenage campers and the joy of a seaside chalet. (T)

6.30 London Tonight; Weather. (T)

6.45 ITV News and Weather. (T)

7.00 Heartbeat. Rachel's informant leads police to a drugs shipment at a deserted cove. The perpetrator's girlfriend, having struck up a friendship with Gina at antenatal classes, agrees to use her to help him escape — but a hostage situation ensues leaving the barmaid in great danger. Peggy comes up with alternative transport when Bessie worries her hearse won't be ready for a funeral. Tim Brooke-Taylor makes a guest appearance. (T)

8.00 Midsomer Murders. Barnaby and Jones probe the death of a local aristocrat who seemingly died of a coronary — shortly after declaring he had an important announcement to make. After the peer's will disappears and his lawyer is killed in an arson attack, it becomes clear sinister forces are at work. However, the prime suspect all appear to have cast-iron alibis. John Nettles and Jason Hughes play the rural case-crackers, with guest star Joss Ackland. (R) (T)

10.00 ITV News and Weather; Weather. (T)

10.20 TV's Naughtiest Blunders. Neil Morrissey presents a collection of X-rated bloopers from the cutting room floor, including outtakes of Eamonn Holmes, Fiona Phillips, Des O'Connor, Melanie Sykes, Jane Asher, Tony Blackburn, Martin Clunes, Peter Davison, Jo Brand and Chris Tarrant. (R) (T)

11.20 A Match Made in Heaven. Tim's American date proves to be a handbag. Bianca gets dating advice from her elders and Samar's mother suggests she returns to Pakistan to find another husband. (T)

11.50 Vicars' Wives. Sarah's mother moves to town and Nickie has a close shave on the QEQ when she very nearly fails to disembark before the voyage. (R) (T)

12.20 60 Minute Makeover; (R) (T) ITV News Headlines. 1.15 Vanessa's Real Lives. (R) (T) 2.05 Nancherrow. (R) (T) 3.50 ITV Nightscreen.

FIVE

6.00 Milkshake! Tickle, Patch and Friends. (R) (T) 6.05 Bird Bath. (R) (T) 6.10 Softies. (R) (T) 6.15 Sailor Sid. (R) (T) 6.20 Aussie Antics. (R) (T) 6.25 Angels of Jamm. (T) 6.30 Elmo's World. (R) (T) 6.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.00 The Save-Ums! (R) (T) 7.15 Franny's Feet. (R) (T) 7.35 The Adventures of Bottie Top Bill and His Best Friend Corky. (R) (T) 7.50 Little Princess. (R) (T) 8.05 Miss Spider's Sunny Patch Friends. (R) (T) 8.25 The Mr Men Show. (R) (T) 8.40 The Mr Men Show. (R) (T) 8.55 Rupert Bear. (R) (T) 9.10 Animal Families. (R) (T) 9.25 George Shrinks. (R) (T) 10.00 Highland Emergency. (R) (T) 10.30 Highland Emergency. (R) (T) 11.00 Fifth Gear. (R) (T) 12.00 Big, Bigger, Biggest. (R) (T) 1.05 FILM: Chances Are (1989). Romantic comedy, starring Cybill Shepherd. (T) 3.05 FILM: Steel (1997). Comic strip romp, with Shaquille O'Neal. (T) 4.55 FILM: Envy (2004). Comedy, starring Jack Black and Ben Stiller. (T) 6.45 Five news and sport. (T) 7.00 Rory and Paddy's Great British Adventure. Rory McGrath and Paddy McGuinness tour the UK, visiting eccentric sporting events held around the country, beginning with cheese-rolling, river football and shin-kicking. (R) (T) 8.00 FILM: Hellboy (2004). When a Nazi experiment backfires, a demon is left behind on Earth and a US government agency puts him to use in the battle for good against evil. Action fantasy, with Ron Perlman. Includes five news update at 8.55. (T) 10.15 FILM: White Chicks (2004). Two black, male FBI agents set out to foil a kidnapping — by posing as white teenage girls. Comedy, starring brothers Shawn and Marlon Wayans. (T) 12.20 The Hellboy Story. (T) 12.55 Major League Baseball. 4.20 ITU Triathlon. 5.10 Everybody Hates Chris. (R) (T) 5.35 Everybody Hates Chris. (R) (T)

LOCAL

Best of the Rest

RTP1

0630 Brinca Comigo 0900 Eucarista. Dominical 1000 Especial Dia da Criança 1300 News 1415 Especial dia da Criança 1645 Batman and Robin, film 1915 Vila Faia 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2300 Two If by the Sea, film 0400 Sexta À Noite 0605 Nós

RTP2

0700 Euronews 0730 África Global 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nós 1045 Da Terra Ao Mar 1115 Consigo 1200 Vida por Vida 1230 Zig Zag 1445 A Voz do Cidadão 1500 Sport 1900 Encontros Imediatos 1930 A Alma e a Gente 2000 Próxima Paragem 2030 Bombardeiro 2100 Desafio Verde 2200 News 2230 Câma Clara 0050 Onda Curta 0115 Sport 0515 Euronews

SIC

0645 Sic Kids 0830 Disney Kids 1030 Chiquititas 1200 Life in Cold Blood 1300 News 1415 Fame 1515 O Melhor do Mundo 1800 Film TBA 2000 News 2145 O Melhor do Mundo 2315 Drive In, film 0015 Aqui não há quem Viva 0115 A Lei do Mais Forte 0215 A Venda 0245 Quando o Telefone Toca 0445 Amazónia

TVI

0645 Children's TV 1000 Missa 1300 News 1400 Avenger, film 1600 Phone Box, film 2000 News 2230 Casos da 0000 Homem em Furia, film 0300 Sempre a Sonhar 0400 Eureka 0500 Telesales

BBC3

7.00 Football Gaffes Galore Out-Takes 7.10 Film: Lara Croft: Tomb Raider - The Cradle of Life 12 (2003) 9.00 Spooks: Code 9 9.50 Family Guy 10.15 Family Guy 10.35 How Not to Live Your Life 11.05 Touch Me, I'm Karen Taylor 11.35 Two Pints of Lager and a Packet of Crisps 12.05 Two Pints of Lager and a Packet of Crisps 12.35 Spooks: Code 9 1.25 How Not to Live Your Life 1.55 Two Pints of Lager and a Packet of Crisps 2.25 Two Pints of Lager and a Packet of Crisps 2.55 Touch Me, I'm Karen Taylor 3.25 Make My Body Younger 4.25 Close

BBC4

7.00 Coal House 7.30 Proms on Four 2008 10.00 Call the Cops 11.00 Film: Educating Rita 15 (1983) 12.45 Call the Cops 1.45 Proms on Four 2008 4.15 Close

ITV2

3.35 Coronation Street 6.00 America's Got Talent 8.00 The X Factor 9.00 The Xtra Factor 10.00 Film: American Pie 15 (1999) 11.50 Secret Diary of a Call Girl 12.20 Secret Diary of a Call Girl 12.50 The Xtra Factor 1.50 Teleshopping 4.50 ITV2 Nightscreeen

Sky One

1.30 The Championship Gaming Series 2.30 Shark Mountain 3.30 Malcolm in the Middle 4.30 Futurama 5.00 Futurama 5.30

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

MOVIES

Sky Movies Drama

6.25 A Marriage of Convenience PG (1998) 8.05 Breaking the Surface: The Greg Louganis Story 12 (1997) 9.45 AtoneMent Special 10.15 Her Own Rules PG (1998) 11.45 Eight Below PG (2005) With Paul Walker. 2.00 Columbo Goes to College PG (1991) With Peter Falk. 3.40 The Vicar of Dibley 3.05 The Vicar of Dibley 4.25 The Vicar of Dibley 5.15 The Vicar of Dibley 5.55 The Vicar of Dibley 6.35 The Vicar of Dibley 7.45 The Vicar of Dibley 9.00 Jonathan Creek 10.20 Film: A Beautiful Mind 12 (2001) 12.50 Robin Hood 1.55 The New Adventures of Old Christine 2.15 The Blue Planet 3.05 The Blue Planet 3.55 Dallas 5.35 Neighbours

TCM

6.10 Madame Bovary PG (1949) 3.00 Viva Las Vegas U (1964) 4.35 The Yearling U (1946) 6.55 All the Fine Young Cannibals PG (1986) 9.00 Plenty 18 (1985) 11.20 The God Between PG (1971) 1.30 Bad Day at Black Rock PG (1955) 2.55 Yankee Doodle Dandy U (1942) 5.00 Escape from East Berlin U (1962) 1.30 The Championship Gaming Series 2.30 Shark Mountain 3.30 Malcolm in the Middle 4.30 Futurama 5.00 Futurama 5.30

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

6.10 Bad Girls from Valley High 12 (2005) 7.40 Up 'n' Under 12 (1998) 9.25 Comedy Close Up 9.55 Teenage Mutant Ninja Turtles III PG (1992) 11.35 You Don't Mess with the Zohan Special 11.50 Maverick PG (1994) With Mel Gibson. 2.00 Big Daddy 12 (1999) With Adam Sandler. 3.50 Wild Hogs 12 (2007) With John Travolta. 5.35 You Don't Mess with the Zohan Special 5.50 Maverick PG (1994) With Mel Gibson. 8.00 Big Daddy 12 (1999) With

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MON

BBC1

6.00 Olympic Breakfast. Including triathlon and sailing. (T) 9.00 Olympics 2008. Track cycling, canoe-kayak flatwater and hockey. Continues on BBC2. (T) 12.00 BBC News; Weather. (T) 12.30 Regional News. (T) 12.45 Olympics 2008. Athletics, equestrian, boxing and table tennis. Continues on BBC2. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, as members of the public try to outdo each other to win a cash prize. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 Olympics 2008: Games Today. Gabby Logan introduces highlights from the 10th day of competition in Beijing, including finals in athletics, artistic gymnastics, track cycling and triathlon. Six athletics golds are up for grabs at the National Stadium in the following disciplines: the men's long jump, 3,000m steeplechase and 400m hurdles, and the women's discus, pole vault and 800m. World champion triathlete Helen Tucker of Scotland is a strong contender for gold in the women's triathlon, while Beth Tweddle is among the favourites in the women's uneven bars. Also, the British cycling team are aiming to improve on their silver of four years ago in the men's 4,000 team pursuit. Digital viewers can access additional interactive highlights; (T) BBC News; Regional News. (T)

8.00 EastEnders. Christian is upset to find Lucy is up to her old tricks, Tamwar is distraught when the environmental health officer visits, and Stacey springs surprising news on Bradley. (T)

8.30 Panorama. Shelley Jofre finds out if where people live determines the treatment they receive on the NHS, meeting author and Alzheimer's sufferer Terry Pratchett and a woman with bowel cancer. (T)

9.00 New Tricks. Brian falls under the spell of a rustic community as he investigates a death - but the discovery of a second body leads him to reconsider its apparently idyllic way of life. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 The Man Who Cycled the World. New series. The inside story of 24-year-old Scot Mark Beaumont's attempt to break the record for cycling around the world in August 2007. Peter Capaldi narrates. (T)

11.05 FILM: Grosse Pointe Blank (1997). Black comedy drama, starring John Cusack; (T) Weatherview. (T)

12.55 BBC News. (T) 1.50 Olympics 2008. Athletics, the men's triathlon and beach volleyball semi-finals. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Bob the Builder. (R) (T) 7.10 Lunar Jim. (R) (T) 7.20 Little Robots. (R) (T) 7.30 The Koala Brothers; (R) (T) Tweenies Songtime. (R) (T) 7.45 Sesame Tree. (R) (T) 8.00 CBBC: Watch My Chops. (R) (T) 8.10 What's New Scooby-Doo? (R) (T) 8.30 Hider in the House. (R) (T) 9.30 The Revenge Files of Alistair Fury. (R) (T) 10.00 Get 100. (R) (T) 10.30 Evacuation. (R) (T) 11.00 Cash in the Attic. (R) (T) 12.00 Olympics 2008. Athletics, artistic gymnastics and hockey. Continues on BBC1. (T) 12.45 Diagnosis Murder. (R) (T) 13.00 Murder, She Wrote. (R) (T) 2.15 Flog It! (R) (T) 3.00 CBeebies: Jakers! (R) (T) 3.25 CBBC: Arthur. (R) (T) 3.50 Skunk Fu! (R) (T) 4.05 Roar; (R) (T) 4.35 Grange Hill. (T) 5.00 Newsround. (T) 5.15 Olympics 2008. (T) 6.00 Battle of the Brains. (T) 6.30 Eggheads. (R) (T) 7.00 Return to Lakesiders. New series. Revisiting the people and places of the Nineties docu-soap. (T) 7.30 Return to Lakesiders. Emma Boundy describes finding herself in the limelight. (T) 8.00 University Challenge. Selwyn College, Cambridge take on St Anne's College, Oxford. (T) 8.30 The Hairy Bakers. New series. Dave and Simon hunt for quality bread. (T) 9.00 Dragons' Den. Featuring an innovative whiteboard. (T) 10.00 Would I Lie to You? With Danny Baker and Michael Buerk. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Alexander Solzhenitsyn: The Homecoming. (R) (T) 12.55 Ellery Queen. (R) (T) 14.5 Sign Zone: Olympic Dreams. (R) (T) 2.30 Sign Zone: House of Saddam. (R) (T) 3.30 Sign Zone: Dr Alice Roberts: Don't Die Young. (R) (T) 4.00 BBC News. (T)

8.00 EastEnders. Christian is upset to find Lucy is up to her old tricks, Tamwar is distraught when the environmental health officer visits, and Stacey springs surprising news on Bradley. (T)

8.30 Panorama. Shelley Jofre finds out if where people live determines the treatment they receive on the NHS, meeting author and Alzheimer's sufferer Terry Pratchett and a woman with bowel cancer. (T)

9.00 New Tricks. Brian falls under the spell of a rustic community as he investigates a death - but the discovery of a second body leads him to reconsider its apparently idyllic way of life. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 The Man Who Cycled the World. New series. The inside story of 24-year-old Scot Mark Beaumont's attempt to break the record for cycling around the world in August 2007. Peter Capaldi narrates. (T)

11.05 FILM: Grosse Pointe Blank (1997). Black comedy drama, starring John Cusack; (T) Weatherview. (T)

12.55 BBC News. (T) 1.50 Olympics 2008. Athletics, the men's triathlon and beach volleyball semi-finals. (T)

LOCAL

Best of the Rest

BBC3

7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Olympic Football 9.00 Little Britain 9.30 Little Britain 10.00 EastEnders 10.30 Spooks

Code 9 11.20 Family Guy 11.45 Family Guy 12.05 Two Pints of Lager and a Packet of Crisps 12.35 Two Pints of Lager and a Packet of Crisps 1.05 Spooks: Code 9 1.55 Britain's Really Disgusting Foods 2.55 Two Pints of Lager and a Packet of Crisps 3.25 Two Pints of Lager and a Packet of Crisps 3.55 Doctor Who Confidential 4.10 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Chambre Hardman and the Lost City of Liverpool 8.00 Passport to Liverpool 8.50 The Golden

Vision 10.05 Life on Mars 11.05 Film: Gumsheo 15 (1971) 12.25 Stuart Sutcliffe: The Lost Beatle 1.25 Rock Family Trees 2.15 Rock Family Trees 3.05 Stuart Sutcliffe: The Lost Beatle 4.05 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show

6.05 Judge Judy 7.00 Smallville 8.00 You Don't Mess with the Zohan 8.30 The Planet's Funniest Animals 9.00 Film: American Pie 15 (1999) 10.50 Coronation Street 11.20 Coronation Street 11.50 Film: X2 12 (2003) 2.20 Teleshopping 5.20 IT2 Nightscreen

Sky One

1.00 Relic Hunter 2.00 Stargate SG-1 3.00 Stargate SG-1 4.00 Gladiators Ready! The

BBC2

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18 AUG

Pick of the Day

Fifth Gear (five, 8pm)

For its new series, five's revved-up motoring show has moved to one of the biggest car playgrounds in the world — a vast test-track facility that provides the perfect arena for the best drivers on TV to push cars to the limit. Fifth Gear also welcomes new presenter Tim Shaw to the team. A self-confessed car enthusiast, Tim has been tasked with standing up for the beleaguered motorist. After his British Grand Prix win at Silverstone, Formula One ace Lewis Hamilton is in greater demand than ever. This week, Vicki finds out what life is like for the sporting superstar as she spends a day with him at the glamorous Brooklands Motoring Festival. Tom Ford, meanwhile, gets behind the wheel of the new Mercedes SL63 AMG. The AMG is a finely tuned version of one of Mercedes' most impressive cars — and not a machine for the shy or retiring. Is this the ultimate, 21st-century Merc? Inspired by how much the average driver spends on alcohol, Jonny Smith embarks on one of his trickiest buying challenges yet. He seeks out three cars the average person could afford to purchase if they swore off buying booze and put the money saved to better use.

C4

6.10 The Hoobs. (R) (T) 6.35 The

Hoobs. (R) (T) 7.00 Big Brother's Little Brother. (R) (T) 8.00 Big Brother. (R) (T) 9.00 T4: Friends. Joey is interviewed for a TV magazine. (R) (T) 9.30 T4: Friends. (R) (T) 10.00 T4: Big Brother's Diary Room Uncut. (T) 11.00 T4: Beauty & the Geek. (T) 12.00 News at Noon. (T) 12.30 Will & Grace. (R) (T) 1.00 Desperate Housewives. (R) (T) 1.50 Desperate Housewives. (R) (T) 2.45 Gok's Fashion Fix. (R) (T) 3.45 Countdown. (R) (T) 4.30 Come Dine with Me. (R) (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. Homer's mother asks for help. Glenn Close guest. (R) (T) 6.30 Holyolyaks. (T) 7.00 Channel 4 News. (T) 7.55 Bright Young Wonders. Showcasing new creative talent. (T) 8.00 The Genius of Charles Darwin. Richard Dawkins examines why Darwin's theory remains controversial. Last in series. (T) 9.00 Kevin McCloud and the Big Town Plan. Kevin McCloud follows plans to rejuvenate three green spaces in some of the most neglected neighbourhoods in Castleford, as residents collaborate with architects to make a change. (T) 10.00 Big Brother. Highlights from the housemates' past 24 hours inside the Big Brother compound. (T) 11.05 Tonightly. Satirical news show. (T) 11.40 FILM: Dead Man's Shoes (2004). Stark psychological thriller, starring Paddy Considine. (T) 1.15 Big Brother Live. 4.25 FILM: The Final Test (1995). Cricket comedy, starring Jack Warner. (T) (bw)

FIVE

6.00 Milkshake! The Beeps. (R) (T) 6.10

Pocoyo. (R) (T) 6.20 Franny's Feet. (R) (T) 6.30 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Big School. (R) (T) 6.55 The Milkshake! Show. (R) (T) 7.20 The Mr Men Show. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Mio Mao. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Princess. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) (T) 10.30 Trisha Goddard. (R) (T) 11.30 Michaela's Zoo Babies. (R) (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Medical Investigation. (R) (T) 3.10 FILM: Heart Full of Rain (1997). Drama, starring Rick Schroder. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Michaela's Zoo Babies. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Extraordinary Animals. Scientific attempts to communicate with dolphins. (R) (T) 8.00 Fifth Gear. A day with Lewis Hamilton at the Brooklands Motoring Festival; (T) 8.00 five news at 9. 9.00 Before They Were Stars. Greatest TV Moments. Dave Berry discovers how celebrities made their livings on the small screen before fame beckoned. Steve Coogan and Johnny Vegas appear on game shows, while Dr Who David Tennant pops up as a transsexual. (R) (T) 11.00 FILM: Brubaker (1980). Fact-based prison drama, starring Robert Redford. (T) 1.25 Disorderly Conduct. (T) 2.25 NASCAR. 3.15 US PGA Golf. 4.05 Golf: The Challenge. 4.30 FILM: World Motocross. 5.10 Everybody Hates Chris. (R) (T) 5.35 Neighbours. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 60 Minute Makeover. (R) (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Inspector Morse. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the choice of whether to share the jackpot or try to keep it for themselves. (R) (T) 6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Donna thinks she has spotted Freddie on CCTV footage and arranges a stakeout with Ross to catch him in a desperate bid to clear Viv's name. Nicola is delighted to learn Rodney has finished another story, while he hopes the man will find favour with Diane. (T)

7.30 Coronation Street. Tony piles on the pressure as he ruthlessly steps up his business campaign, and Kevin falls foul of a hoax call-out. As Michelle looks forward to her trip to Belgium, Steve begins to suspect she had an ulterior motive for their reconciliation and Gail continues her secret liaison with Joe. (T) Carry On Clamping. Tonight. (T)

8.00 Coronation Street. Kevin reports his suspicions to the police, but is infuriated by their response, and Tony's menacing behaviour leaves an elderly resident in grave danger. Roy tells Becky to live her life as she sees fit, while Molly despairs of ever finding her ring. Elsewhere, John gradually begins to break down Fiz's defences. (T)

9.00 Superhuman: Genius. The stories of five exceptionally talented people, including a man who has memorised more than 12,000 books and inspired Dustin Hoffman's character in the film Rain Man. The programme searches for the key to the amazing skills of the UK's memory champion and meets three child prodigies exceptional in the fields of music, art and science. (T) 10.00 News at Ten and Weather. (T) 10.30 London News and Weather. (T) 10.40 FILM: Cradle 2 The Grave (2003). Premiere. Action thriller, starring Jet Li. (T) 12.35 British Touring Car Championship. (T) 1.25 Nightwatch with Steve Scott: Emergency. (T) 2.20 Nightwatch with Steve Scott: Crime; (R) (T) 3.15 ITV News Headlines. 3.15 Moving Day. (T) 3.40 Moving Day. (R) (T) 4.00 ITV Nightscreen.

MOVIES

Sky Movies Drama

Sky Movies Action

6.55 One Special Night PG (1999) 8.30 The Top 10 Show

8.50 Yesterday PG (2004) 10.30 If Only 15 (2004) 12.10

Colombo: Sex and the Married Detective 15 (1989) With Peter Falk. 1.50 Carolina PG (2003) With Julia Stiles. 3.35 Kes U (1969) With David Bradley. 5.35 The Top 10 Show 5.55

Marie Antoinette 12 (2005) With Kirsten Dunst. 8.00 A Few Good Men 15 (1992) With Tom Cruise. 10.20 The Good Shepherd 15 (2006) With Matt Damon. 1.10 ATL 12 (2006) With Tip Harris. 3.05 Deadly Pledge 15 (2007) 4.45 In the Line of Duty: Siege at Marion PG (1992)

Sky Movies Comedy

6.50 George and the Dragon PG (2004) 8.25 The Duke U (1999) 9.55 Rookie of the Year PG (1993) 11.40 Dr Dolittle PG (1998) With Eddie Murphy. 1.10 National Lampoon's Animal House 15 (1978) With John Goodman. 3.05 Clerks II 15 (2006) With Brian O'Halloran. 4.45 Rookie of the Year PG (1993) With Thomas Ian Nicholas. 6.30 Dr Dolittle PG (1998) With Eddie Murphy. 8.00 Wild Wild West 12 (1999) With Will Smith. 10.00 National Lampoon's Animal House 15 (1978) With John Goodman. 11.55 Clerks II 15 (2006) With Brian O'Halloran. 1.40 Chucky Goes Down Under 18 (1998) With Roy Chubby Brown. 3.10 The Duke U (1999) 4.45 George and the Dragon PG (2004)

6.20 Determination of Death 15 (2000) 8.10 187 15 (1997) 10.25 Snakes on a Plane 15 (2006) 12.25 Eddie Macon's Run 15 (1983) With John Schneider. 2.15 Gorky Park 15 (1983) With William Hurt. 4.35 The Grissom Gang 18 (1971) With Scott Wilson. 6.50 You Don't Mess with the Zohan Special 7.05 Snakes on a Plane 15 (2006) With Kirsten Dunst. 8.00 A Few Good Men 15 (1992) With Tom Cruise. 10.20 The Good Shepherd 15 (2006) With Matt Damon. 1.10 ATL 12 (2006) With Tip Harris. 3.05 Deadly Pledge 15 (2007) 4.45 In the Line of Duty: Siege at Marion PG (1992)

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football Special 10.30 Super Sunday: The Last Word 11.00 NASCAR 1.00 Football Special 2.30

Super Sunday: The Last Word 3.00 NASCAR 5.00 Soccer AM: The Best Bits 6.00 Big League Weekend 7.30 Live Speedway. Poole Pirates v Peterborough Panthers. 9.30 You're on Sky Sports! 11.00 Big League Weekend 12.30 Soccer AM: The Best Bits 1.30 Kiteboard Pro Tour 2.00 Big League Weekend 3.30 Soccer AM: The Best Bits 4.30 You're on Sky Sports!

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Pipeline Adventures 7.00 WWE: Bottom Line 8.00 Golf Night 10.00 Aerobics Oz Style 10.30 Pipeline Adventures 11.00 Seamerster Sailing 11.30 Kiteboard Pro Tour

12.00 Golf Night 2.00 Seamerster Sailing 2.30 Kiteboard Pro Tour 3.00 Seamerster Sailing 3.30 Golf Night 5.30 Pipeline Adventures 6.00 Show Jumping 7.00 Kiteboard Pro Tour 7.30 World Motor Sport 11.00 Thinking Tackle 11.00

Speedway 1.00 Golf 3.00 World Motor Sport 5.30 Close

Sky Sports 3

7.00 Polo 8.00 Powerlifting 9.00 Women's Pool 10.00 Women's Pool 11.00 Aerobics Oz Style 11.30

Racing News 12.00 Women's Pool 1.00 Women's Pool 2.00 Pipeline Adventures 2.30 Aerobics Oz Style 3.00 Women's Pool 4.00 Women's Pool 5.00 WWE: Raw 7.00 Show Jumping 8.00 Golf 10.00 WWE: Late Night - Bottom Line 11.00

WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 2.00 Live Olympic Athletics. The first round of the women's 200m. 4.30 Live Olympic Volleyball. The women's quarter-finals.

Sky Sports Xtra

2.00 Polo 3.00 Powerlifting 4.00 Pipelines Adventures 4.30 Aerobics Oz Style 5.00 Wild Spirits 5.30 Kiteboard Pro Tour 6.00 Angling

7.00 Thinking Tackle 8.00 Women's Pool 9.00 Women's Pool 10.00

Championship Gaming Series 11.30 Wild Spirits 12.00 Show Jumping 8.00 Golf 10.00 WWE: Late Night - Bottom Line 11.00

WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 5.30 Close

(R)-repeat programme;

(T) - programme with teletext subtitles;

(S)-programme broadcast;

casting stereo;

(bw) - black and white.

Not sure what what to do at the weekend? See pages 46 - 47

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TUE

BBC1

6.00 Olympic Breakfast. Including athletics, the men's triathlon and canoe-kayak flatwater heats. (T) 9.00 Olympics 2008. Track cycling and canoe-kayak flatwater. Continues on BBC2. (T) 12.00 BBC News; Weather. (T) 12.30 Regional News. (T) 12.45 Olympics 2008. Including athletics finals and boxing quarter-finals. Continues on BBC2. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz, as contestants try to weed out the weaklings and walk off with a cash prize. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News; Programmes; Weather. (T)

7.00 Olympics 2008: Games Today. Gabby Logan introduces highlights from the 11th day of competition in Beijing, including the men's triathlon, athletics finals and the last day of track cycling. British trio Alastair Brownlee, Tim Don and William Clarke are gunning for medals in the triathlon, an event that incorporates a 1500m swim, a 40km cycle ride and a 10km run to the finish. Among the athletics finals at the National Stadium are the women's and men's sprint finals conclude proceedings at the Laoshan Velodrome. Digital viewers can access additional interactive highlights; (T) BBC News; Regional News. (T)

8.00 EastEnders. Bradley forces Stacey to make a decision about their future. Phil discovers what Suzy has hidden under Charlie's summer house foundations, and Ian tries to bring Lucy back in line. (T)

8.30 My Family. Susan's mood swings lead Michael to believe she is going through the menopause and his suspicions are fully confirmed when she is arrested for stealing a pair of sunglasses. (R) (T)

9.00 Pedigree Dogs Exposed. Investigation into the health of thoroughbred dogs, examining the level of inherited disease and other welfare issues concerning man's best friend. Featuring testimony from experts, the programme reveals the surprising historical factors that have contributed to problems in some breeds and explores what could be done to tackle serious and debilitating conditions. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 The Man Who Cycled the World. Mark Beaumont moves through the vast deserts and humid cities of Asia, facing the rigours of Ramadan in Iran and trying to avoid insurgency in Afghanistan, before arriving in India. (T)

11.05 FILM: The Martins (2001). Black comedy, starring Lee Evans; (T) Weatherview. (T)

12.30 BBC News. (T) BMX Olympia 2008. Beach volleyball, swimming, BMX cycling, taekwondo, basketball and volleyball. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Bob the Builder. (R) (T) 7.10 Lunar Jim. (R) (T) 7.20 Little Robots. (R) (T) 7.30 The Koala Brothers; (R) (T) Tweenies Songtime. (R) (T) 7.45 Sesame Tree. (T) 8.00 CBBC: Watch My Chops. (R) (T) 8.10 What's New Scooby-Doo? (R) (T) 8.30 Hider in the House. (R) (T) 9.30 The Revenge Files of Alistair Fury. (R) (T) 10.00 Get 100. (R) (T) 10.30 Evacuation. (R) (T) 11.00 Cash in the Attic. (R) (T) 12.00 Olympics 2008. Athletics and track cycling. (T) 12.45 Diagnosis Murder. (R) (T) 1.30 Murder, She Wrote. (R) (T) 2.15 Flog It! (R) (T) 3.00 CBeebies: Jakers! (R) (T) 3.25 CBBC: Arthur. (R) (T) 3.50 Skunk Fu! (R) (T) 4.00 Thumb Wrestling Federation: TWF. (R) (T) 4.05 The Story of Tracy Beaker. (R) (T) 4.35 Roman Mysteries. (T) 5.00 Newsround. (T) 5.15 Olympics 2008. (T) 6.00 Battle of the Brains. (T) 6.30 Eggheads. (R) (T) 7.00 Grow Your Own Veg. How to grow cabbages, cauliflowers and kale. (R) (T) 7.30 Return to Lakesiders. Revisiting the people and places of the Nineties soap-drama. (T) 8.00 Jimmy Doherty's Farming Heroes. Farmers who are finding ways to make organics cheaper. Last in series. (T) 9.00 Maestro. The celebrities face their first studio challenge. (T) 10.00 The Edinburgh Festival Show. A play by the National Theatre of Scotland. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Equator. (R) (T) 12.20 Sign Zone: Jimmy Doherty's Farming Heroes. (R) (T) 1.20 Sign Zone: Sprint. (R) (T) 2.50 Sign Zone: Celebrity MasterChef. (R) (T) 3.50 BBC News. (T)

5.45 Freesports on 4. (R) (T)

Pick of the Day

Maestro (BBC2, 9pm)

The show that serves up celebrities, classical music and culture in one spectacular package is back, taking the X-Factor formula to a whole new level of sophistication. Clive Anderson hosts Maestro's first studio challenge as the seven remaining famous amateurs with a passion for classical music do battle with their batons, conducting the BBC Concert Orchestra. The students step up to the podium to conduct music for film and television in front of the panel of expert judges: Sir Roger Norrington (conductor of this year's Last Night Of The Proms at London's Royal Albert Hall), composer and cellist Zoi Martlew, conductor Simone Young and double bassist Dominic Seldi. Once the final note is played, the orchestra votes, deciding which one of the students will be taking their final bow as they are knocked out of the competition for good. Given that the likes of Goldie, David Soul and Jane Asher were among the eclectic mix of names out to prove they have what it takes to expertly wave the baton, the Beeb can guarantee a wide and varied audience. But will it appeal to everyone? And which of the stars will take another step towards their dream?

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.25 Big Brother's Little Brother. (T) 7.55 Big Brother. (R) (T) 8.55 T4: Get Smart: T4 Movie Special. (R) (T) 9.25 T4: Friends. (R) (T) 9.55 T4: Friends. (R) (T) 10.25 T4: TBA 2008: McFly. (T) 11.00 T4: Beauty & the Geek. (T) 12.00 News at Noon. (T) 12.30 A Place by the Sea. (T) 1.30 Channel 4 Racing from York. Day one of the Ebor Meeting. (T) 3.45 Countdown. (R) (T) 4.30 Come Dine with Me. (R) (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 Bright Young Wonders. Showcasing new creative talent. (T) 8.00 Don't Blame the Builder. A couple in Sussex whose renovation costs are spiralling out of control. (T) 9.00 The Secret Millionaire. Nick Leslau, a property tycoon with an estimated worth of #200million, goes undercover to help people with severe disabilities in one of the most deprived areas of Glasgow. (T) 10.00 Big Brother. Highlights from the housemates' past 24 hours inside the Big Brother compound. (T) 11.05 Tonightly. (T) 11.40 Reaper. (T) 12.40 Bullrun: Cops, Cars and Superstars. (R) (T) 1.05 The Silverstone Classic. (R) (T) 2.00 Big Brother Live. 4.25 KOTV. (T) 4.55 FIVB Beach Volleyball. (T) 5.45 Freesports on 4. (R) (T)

5.45 Freesports on 4. (R) (T)

FIVE

6.00 Milkshake! The Beeps. (R) (T) 6.10 Pocoyo. (R) (T) 6.20 Franny's Feet. (R) (T) 6.30 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Big School. (R) (T) 6.55 The Milkshake! Show. (R) (T) 7.20 The Mr Men Show. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Moo Mao. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Princess. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 Michaela's Zoo Babies. (R) (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Medical Investigation. (T) 3.10 FILM: Two Mothers for Zachary (1996). Emotional fact-based drama, starring Vanessa Redgrave. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Michaela's Zoo Babies. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Highland Emergency. A helicopter comes to the aid of a man after he falls into a deep gorge; (T) 7.30 five news update. (T) 8.00 Julius Caesar and the Druids: Revealed. Examination of Britain's ancient Druids. Last in series; (T) 8.00 five news at 9. 9.00 CSI: Miami. Horatio's son goes missing. (T) 10.00 CSI: NY. A bridegroom is stabbed to death on his wedding day; (R) (T) five news update. (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 FBI Files. (R) (T) 1.00 European Drag Racing. 1.25 NHRA Drag Racing. 2.55 FIM Moto-cross World Championship. 3.45 Grand American Racing. 4.30 V8 Supercars. 5.10 Everybody Hates Chris. (R) (T) 5.35 Neighbours. (R) (T)

LOCAL

Best of the Rest

RTP1

0630 Bom Dia Portugal 1000

0700 Praga da Alegría 1300 News

1415 Prova de Amor 1530

Portugal No Coração 1800

Portugal em Directo 1905 O

Pregó Certo 2000 News 2100

30 Minutos 2130 Teletorial

2200 Quem Quer Ser

Milionário 2300 Sentido do

Gosto 0100 The Crown

Prince, film 0400 Portugal

no Coração 0605 Nós

RTP2

0700 Euronews 0715 Zig Zag

1300 Entre Pratos 1400

Sociedade Civil 1530

Consigno 1600 National

Geographic 1700 Zig Zag

1830 A Fôr dos Homens 1900

2010 1945 zig Zag 2045

Feinds 2110 National

Geographic 2200 News 2240

Greys Anatomy 2300

Mozartmania 0030 Noites da

02 0115 Universidades 0145

Câmara Clara 0250 2010

0330 Sociedade Civil 0500

Euronews

SIC

0600 Sic Notícias 0900 Dia

Em Grande 1000 Fátimas 1300

News 1415 Terra

Nostra 1545 Contacto 1800

Beleza Oura 1900 Sete

Pecados 2000 News 2200

Ciranda de Pedra 2245

Desejo Proibido 2300 Duas

Caras 0030 CSI Las Vegas

0130 CSI Miami 0230 Quando

o Telefone Toca

TVI

0700 Diário Da Manha 1000

Voce na TV 1300 News 1400

As Tardes da Júlia 1700

Quem Quer Ganha 1800

Morangos com Açucar 1900

News 2215 Doce Fugitiva

0030 Ring of Death, film

BBC3

7.00 Doctor Who 7.45 Doctor

Who Confidential 8.00

Olympic Football 9.00 Money

Makers: Beach Break Live

10.30 EastEnders 10.30 How

Not to Live Your Life 11.00

Family Guy 11.25 Family Guy

11.45 Money Makers: Beach

Break Live 12.45 Britain's

Really Disgusting Foods 1.45

How Not to Live Your Life

2.15 Make My Body Younger

3.10 Jess: My New Face 4.10

Doctor Who Confidential 4.25

Close

BBC4

7.00 World News Today 7.00

Weather 7.30 Pop Go the

Sixties 7.35 Batman 8.00

Liverpool On the Box 9.00

More Liverpool on the Box

9.15 Z Cars 10.00 Call the

Cops 10.30 Consenting Adults

11.50 Edwardians in Colour

The Wonderful World of Albert

Kahn 12.50 Liverpool On the

Box 1.50 Call the Cops 2.20

Consenting Adults 3.40 Call

the Cops 4.10 Close

ITV2

1.00 Emmerdale 1.30 The

Jeremy Kyle Show 2.35 The

Jeremy Kyle Show 3.45 Ricki

Lake 4.30 Sally Jessy

Raphael 5.20 The Montel

Williams Show 6.05 Judge

Judy 7.00 Smallville 8.00

Superhuman: Genius 9.00

Film: X2 12 (2003) 11.30 Film:

Wimbledon 12 (2004) 1.30 The

Black Donnellys 2.15

Nightshopping 5.15 ITV2

6.00 Relic Hunter 2.00

Stargate SG-1 3.00 Stargate

SG-1 4.00 Gladiators 5.00

Futurama 5.30 Malcolm in the

Box

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BBC1



6.00 Olympic Breakfast. Sailing, swimming, BMX cycling and canoe-kayak flatwater. (T) 9.00 Olympics 2008. Including canoe-kayak flatwater and synchronised swimming. Continues on BBC2. (T) 12.00 BBC News; Weather. (T) 12.30 Regional News. (T) 12.45 Olympics 2008. Including athletics and boxing. Continues on BBC2. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 Olympics 2008: Games Today. Gabby Logan introduces highlights from the 12th day of competition in Beijing, including swimming, athletics finals and boxing quarter-finals. The women's 10km marathon swim at the Shunyi Olympic Rowing-Canoeing Park is a new event to the Games and will see Brits Cassie Patten and Keri-Anne Payne going for gold. Three athletics gold medals are at stake at the National Stadium in the finals of the men's 200m, and women's hammer and 400m hurdles, while the last-eight bouts at the Beijing Workers' Gymnasium come from the flyweight and middleweight divisions. Digital viewers can access additional interactive highlights; (T) BBC News; Regional News. (T)

8.00 Sky Cops. New series. An insight into the work of Britain's helicopter police as they crack down on crime. (T)

8.30 Trawlermen. New series. Force 11 storms are expected in Peterhead, Aberdeenshire, and only the boats of determined skippers John D Buchan and Charlie McBride are at sea. (T)

9.00 Who Do You Think You Are? Boris Johnson learns more about his Turkish great-grandfather, whose vocations were similar to his own, and finds out whether his grandmother was descended from blue blood. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 The National Lottery Draws. Mylene Klass announces the all-important numbers. (T)

10.45 The Man Who Cycled the World. Mark Beaumont must brave the monsoon season and unfriendly terrain the British Embassy advises him to avoid, as he journeys on through Thailand, Malaysia and Singapore. (T)

11.15 The Tudors. With Anne Boleyn now his Queen, Henry ignores the divisions in his court and eagerly awaits the birth of the male heir his wife has promised him. Drama series about the early years of Henry VIII's 40-year reign, starring Jonathan Rhys Meyers and Natalie Dormer; (R) (T) National Lottery Update and Weatherview. (T)

12.10 BBC News. (T) 1.50 Olympics 2008. Athletics, swimming, BMX cycling, beach volleyball and table tennis. (T)

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Bob the Builder. (R) (T) 7.10 Lunar Jim. (R) (T) 7.20 Little Robots. (R) (T) 7.30 The Koala Brothers; (R) (T) Tweenies. Songtime. (R) (T) 7.45 Sesame Tree. (R) (T) 8.00 CBBC: Watch My Chops. (R) (T) 8.10 What's New Scooby-Doo? (R) (T) 8.30 Hider in the House. (T) 9.30 The Revenge Files of Alistair Fury. (R) (T) 10.00 Get 100. (R) (T) 10.30 Evacuation. (R) (T) 11.00 Lifeline. (R) (T) 11.10 Coast. (T) 11.15 Cash in the Attic. (R) (T) 12.00 Olympics 2008. Athletics and boxing. Continues on BBC1. (T) 12.45 Diagnosis Murder. (R) (T) 1.30 Murder, She Wrote. (R) (T) 2.15 Fog It! (R) (T) 3.00 Des Lynham's Sport Mastermind. Six contenders compete in the final of the quiz. (T) 8.00 Jimmy and the Wild Honey Hunters. Jimmy Doherty sets out to obtain rare honey from giant killer bees. (R) (T) 9.00 House of Saddam. Saddam is forced to go into hiding. Last in series. (T) 10.00 Room 101. Fern Britton consigns her pet hates, including Animal Hospital and detox diets, to the bottomless pit. (R) (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Long Way Round. (R) (T) 12.20 Des Lynham's Sport Mastermind. (R) (T) 1.20 Sign Zone: Tribal Wives. (R) (T) 2.20 Sign Zone: Cooking in the Danger Zone. (R) (T) 3.20 Sign Zone: DIY SOS. (R) (T) 3.50 Sign Zone: Rogue Restaurants. (R) (T) 4.20 Sign Zone: Big Brother Live. (R) (T) 5.10 Richard & Judy. (R)

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.25 Big Brother's Little Brother. (T) 7.55 Big Brother. (R) (T) 8.55 T4: Friends. (R) (T) 9.25 T4: Friends. (R) (T) 9.55 T4: TBA 2008: N.E.R.D. (T) 10.30 T4: TBA 2008 Sidekick: McFly. (T) 10.45 T4: Beauty & the Geek. (T) 11.45 T4: Rockcorps. (T) 12.00 News at Noon. (T) 12.30 A Place by the Sea. (T) 1.30 Channel 4 Racing from York. Including the 3.25 totespors Ebor (H'cap) (1m 6ft). (T) 3.45 Countdown. (R) (T) 4.30 Come Dine with Me. (R) (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 Bright Young Wonders. Showcasing new presenting voices. (T) 8.00 Embarrassing Illnesses. A woman suffering from psoriasis. (R) (T) 8.30 How Clean Is Your House? Kim Woodburn and Aggie MacKenzie revisit teacher Valerie Riley in Greenwich, to find out whether she is now managing to keep her place clean, having horrified the duo two years ago. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 Dangerous Jobs for Girls. Three women work as game hunters in South Africa. Last in series. (T) 11.05 Tonightly. (T) 11.35 Coming Up: Kings of London. (T) 12.10 The Shooting Party. (R) (T) 12.40 4Musicon: Road to V 2008. (T) 12.55 New Love. (T) 1.20 Big Brother Live. (R) (T) 5.10 Richard & Judy. (R)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 Pocoyo. (R) (T) 6.20 Franny's Feet. (R) (T) 6.30 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Big School. (R) (T) 6.55 The Milkshake! Show. (R) (T) 7.20 The Mr Men Show. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Mao. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Princess. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 Michaela's Zoo Babies. (R) (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Medical Investigation. (R) (T) 3.10 five news update. (T) 3.15 FILM: The Hollywood Mom's Mystery (2004). Comedy drama, starring Justine Bateman. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Michaela's Zoo Babies. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Massive Speed. Chris Barrie examines a range of fighting ships; (R) (T) 7.30 five news update. (T) 8.00 Britain's Strongest Man. The final day of qualifying; (T) 8.00 five news at 9. 9.00 Rory and Paddy's Great British Adventure. Rory McGrath and Paddy McGuinness attempt to break a world pie-eating record. (T) 10.00 Banged Up Abroad. An American who became a drug mule and was imprisoned in Peru. (T) 11.05 CCTV Cities. (R) (T) 12.05 Poker. 1.35 Major League Baseball. 4.45 Race and Rally UK. 5.10 Everybody Hates Chris. (R) (T) 5.35 Neighbours. (R) (T)

LOCAL

Best of the Rest

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1515 Prova de Amor 1530 Portugal no Coração 1800 O Pregó Certo 2000 News 2100 Em Reportagem 2130 Quem Quer Ser Milionário 2315 Olympic Games 0330 Euronews 0400 Portugal no Coração 0605 Nós RTP2

0700 Euronews 0715 Zig Zag 1300 Entre Pratos 1400 Sociedade Civil 1530 Consigo 1600 National Geographic 1700 Zig Zag 1830 A Fê dos Homens 1900 Biosfera 1945 Zig Zag 2045 Friends 2115 National Geographic 2200 News 2230 Chick 2330 Clube de Dernistas 0030 Notícias de 2 0115 Universidades 0145 Bastidores 0230 Sociedade Civil 0400 Euro News

SIC

0600 SIC Notícias 0900 Dia Em Grande 1000 Fátima 1300 News 1415 Terra Nostra 1545 Contacto 1800 Beleza Pura 1900 Sete Pecados 2000 News 2130 Clube Portugal 2200 Ciranda de Pedra 2245 Desejo Proibido 2330 Duas Caras 0030 Csi Las Vegas 0130 Csi Miami 0230 Quando o Telefone Toca TVI

0700 Diário Da Manha 1000 Voca-nos TV 1300 News 1400 As Tardes da Juila 1700 Que Quer Ganhá 1800 Morangos com Açúcar 1900 News 1945 Football: Portugal V. Faroé Islands Aveiro 2115 Ilha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 Black Widow, film 0230 Toca a Ganhar 0345 TVI Negocios 0400 O Portector IV 0500 Telesales

BBC3

Middle 6.30 The Simpsons

7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Make My Body Younger 9.00 Film: Lara Croft: Tomb Raider - The Cradle of Life 12 (2003) 10.45 Family Guy 11.10 Family Guy 11.35 Spooks: Code 9 12.25 How Not to Live Your Life 12.55 Make My Body Younger 1.50 Money Makers: Beach Break Live 2.50 How Not to Live Your Life 3.20 Spooks: Code 9 4.10 Doctor Who Confidential 4.25 Close BBC4

7.00 World News Today 7.00 Weather 7.30 Pop Go the Sixties 7.35 Batman 8.00 Life in Cold Blood 9.00 Blood and Guts: A History of Surgery 10.00 Flying: Confessions of a Free Woman 12.00 Coal House 12.30 Passport to Liverpool 1.20 Blood and Guts: A History of Surgery 2.20 Flying: Confessions of a Free Woman 4.20 Close

ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Kids Do the Funniest Things 9.00 Film: Wimbledon 12 (2004) 11.00 Film: Terminator 2: Judgment Day 15 (1991) 1.35 Coronation Street 2.00 Teleshopping 5.00 ITV2 Nightscreeen

Sky One

1.00 Relic Hunter 2.00 Stargate SG-1 3.00 Stargate U (1993) 5.00 Slim U (1997) The Disney Channel

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REMOVALS

- Local and International
- Fine Art Packing
- Door to Door Service
- Agents Around the World
- 40.000 m3 Storage Capacity
- Record Storage
- Insurance



THU

BBC1

6.00 Olympic Breakfast. Including the men's modern pentathlon and sailing. (T) 9.00 Olympics 2008. Canoe-kayak flatwater, table tennis, modern pentathlon and volleyball. Continues on BBC2. (T) 12.00 BBC News; Weather. (T) 12.30 Regional News. (T) 12.45 Olympics 2008. Athletics, modern pentathlon, equestrian, football, hockey and volleyball. Continues on BBC2. (T)

5.15 Weakest Link. Anne Robinson asks more general knowledge questions against the clock as contestants try to avoid being voted off the team. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 Olympics 2008: Games Today. Gabby Logan introduces highlights from the 13th day of competition in Beijing, including athletics

finals, the men's modern pentathlon and swimming. The first five disciplines of the decathlon get under way at the National Stadium, while medals are at stake in the men's triple jump, 400m and 110m hurdles and the women's javelin and 200m. Sam Weale and Nick Woodbridge represent Great Britain in the modern pentathlon, while Welshman David Davies, a 1500m bronze medalist in 2004, competes in the inaugural men's 10km marathon swim at the Shunyi Olympic Rowing-Canoeing Park. Digital viewers can access additional interactive highlights; (T) BBC News; Regional News. (T)

8.00 EastEnders. Jane is infuriated by Ian's interference in Lucy's life. Suzy and Phil come to an agreement over the disposal of her gold bar, and Max has an early birthday present for Bradley. (T)

8.30 Rogue Restaurants. Matt Allwright sends an undercover reporter to investigate standards at a branch of a national pub chain, and Anita Rani poses as the boss of a cleaning company to go behind the scenes in a kebab shop. (T)

9.00 SuperDoctors. New series. Professor Robert Winston meets doctors at the cutting edge of science, learning about the new life-saving techniques from the perspectives of clinicians and patients. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 The Man Who Cycled the World. Reaching the west coast of America, Mark Beaumont celebrates Hogmanay and his 25th birthday in Los Angeles. He has 50 days remaining to ride across the US before flying home. Last in series. (T)

11.05 FILM: Ace Ventura: Pet Detective (1993). Uparious comedy, starring Jim Carrey; (T) Weatherview. (T)

12.30 BBC News. (T) 1.50 Olympics 2008. Including athletics, table tennis and modern pentathlon. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Bob the Builder. (R) (T) 7.10 Lunar Jim. (R) (T) 7.20 Little Robots. (R) (T) 7.30 The Koala Brothers; (R) (T) Tweenies Songtime. (R) (T) 7.45 Sesame Tree. (T) 8.00 CBBC: Watch My Chops. (R) (T) 8.10 What's New, Scooby-Doo? (R) (T) 8.30 Hider in the House. (R) (T) 9.30 The Revenge Files of Alastair Fury. (R) (T) 10.00 Get 100. (R) (T) 10.30 Evacuation. (R) (T) 11.00 Cash in the Attic. (R) (T) 12.00 Olympics 2008. Athletics from the National Stadium in Beijing. Continues on BBC1. (T) 12.45 Diagnosis Murder. (R) (T) 1.30 Murder, She Wrote. (R) (T) 2.15 Flog It! (R) (T) 3.00 CBeebies: Jakers! (R) (T) 3.25 CBBC: Arthur. (R) (T) 3.50 Skunk Fu! (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 4.05 Best of Friends. (R) (T) 4.35 Hider in the House. (T) 5.00 Newsround. (T) 5.15 Olympics 2008. (T) 6.00 Battle of the Brains. (T) 6.30 Egheads. (R) (T) 7.00 Who Do You Think You Are? Boris Johnson finds out more about his roots in Turkey. (R) (T) 8.00 Would Like to Meet Again. Revisiting former participants Louise Edwards and Krishna Mukhoty. (T) 8.30 Dr Alice Roberts: Don't Die Young. A guide to the immune system. (T) 9.00 Mock the Week. With David Mitchell and Lucy Porter. (T) 9.30 The Cup. New series. Football comedy, starring Steve Edge. (T) 10.00 Never Mind the Buzzcocks. With guests Bobby Davro and Kristen Schaal. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 The Edinburgh Festival Show. (T) 12.00 Two Pints of Lager and a Packet of Crisps. (R) (T) 12.35 How I Met Your Mother. (R) (T) 1.00 How I Met Your Mother. (R) (T) 1.20 Sign Zone: Panorama. (R) (T) 1.50 Sign Zone: Colin Jackson - The Making of Me. (R) (T) 2.50 Sign Zone: River Police. (R) (T) 3.20 Sign Zone: Countryfile. (R) (T) 4.15 Sign Zone: Celebrity MasterChef. (R) (T) 4.45 BBC News. (T)

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.25 Big Brother's Little Brother. (T) 7.55 Big Brother. (R) (T) 8.55 T4: Friends. (R) (T) 9.25 T4: Friends. (R) (T) 9.55 T4: TBA 2008: The Streets. (T) 10.30 T4: TBA 2008: Sidekick: N.E.R.D. (T) 10.45 T4: Beauty & the Geek. (T) 11.45 T4: TBA 2008: Sidekick: The Streets. (T) 12.00 News at Noon. (T) 12.30 A Place by the Sea. (T) 1.30 Channel 4 Racing from York. Including the 2.15 Jaguar Cars Lowther Stakes (6f). (T) 3.45 Countdown. (R) (T) 4.30 Come Dine with Me. (R) (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 Bright Young Wonders. Showcasing new presenting voices. (T) 8.00 How to Look Good Naked. First of two episodes in which Gok Wan revisits the show's successes, beginning with Lucy Govan, a former tomboy who felt fat and unfeminine before the stylist worked his magic. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 The Charlotte Church Show. The singer performs with Danish pop group Alphabet, chats with celebrity guests, and embarks on more hidden-camera fun in CCTV-Charlotte Undercover. (T) 10.45 Comedy Lab: Kids School of Comedy. (T) 11.15 Tonightly. (T) 11.50 The Kevin Bishop Show. (R) (T) 12.20 4Music: Ibiza Rocks. (T) 12.55 4Music: Road to V 2008. (R) (T) 1.15 Big Brother Live. 4.20 St Elsewhere. (R) (T) 5.10 Richard & Judy. (R)

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Pick of the Day

How to Look Good Naked (C4, 8pm)

It feels like only a couple of years since Gok Wan burst onto our screens, though the truth is he has been around the fashion scene much longer. Appearing as an on-screen fashion consultant for such well-known series as Big Brother's Little Brother, The Wright Stuff and T4, Gok has also worked with numerous celebrities, including Bryan Ferry, Lauren Laverne and All Saints. However, it was How to Look Good Naked that first brought him to widespread attention. The 2006 series followed his exploits as he set out to help women of all shapes and sizes to feel good in their own skin. Now, with no more than a week passing by since his other series Gok's Fashion Fix came to an end, the style guru returns for the first of this two-part special. Gok revisits women who he previously showed on the show to see how their lives have changed 12 months on. This instalment catches up with Lucy Govan, a tomboy with low self-esteem who felt fat and unfeminine. With Gok's help she was soon strutting her stuff on the catwalk, but did the transformation take hold and last?

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.25 Big Brother's Little Brother. (T) 7.55 Big Brother. (R) (T) 8.55 T4: Friends. (R) (T) 9.25 T4: Friends. (R) (T) 9.55 T4: TBA 2008: The Streets. (T) 10.30 T4: TBA 2008: Sidekick: N.E.R.D. (T) 10.45 T4: Beauty & the Geek. (T) 11.45 T4: TBA 2008: Sidekick: The Streets. (T) 12.00 News at Noon. (T) 12.30 A Place by the Sea. (T) 1.30 Channel 4 Racing from York. Including the 2.15 Jaguar Cars Lowther Stakes (6f). (T) 3.45 Countdown. (R) (T) 4.30 Come Dine with Me. (R) (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 Bright Young Wonders. Showcasing new presenting voices. (T) 8.00 How to Look Good Naked. First of two episodes in which Gok Wan revisits the show's successes, beginning with Lucy Govan, a former tomboy who felt fat and unfeminine before the stylist worked his magic. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 The Charlotte Church Show. The singer performs with Danish pop group Alphabet, chats with celebrity guests, and embarks on more hidden-camera fun in CCTV-Charlotte Undercover. (T) 10.45 Comedy Lab: Kids School of Comedy. (T) 11.15 Tonightly. (T) 11.50 The Kevin Bishop Show. (R) (T) 12.20 4Music: Ibiza Rocks. (T) 12.55 4Music: Road to V 2008. (R) (T) 1.15 Big Brother Live. 4.20 St Elsewhere. (R) (T) 5.10 Richard & Judy. (R)

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 Pocoyo. (R) (T) 6.20 Franny's Feet. (R) (T) 6.30 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Big School. (R) (T) 6.55 The Milkshake Show. (R) (T) 7.20 Funky Valley. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.05 Fit and the Flortrots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Princess. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 Michaela's Zoo Babies. (R) (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Medical Investigation. (T) 3.15 FILM: Crowned and Dangerous (1997). Drama, starring Yasmine Bleeth. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Michaela's Zoo Babies. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 How Do They Do It? New series putting modern technology under the microscope; (T) 7.30 five news update. (T) 8.00 Megastructures. The construction of the Beijing Olympic Stadium; (T) 8.00 five news at 9. 9.00 Extraordinary People: The Woman with Giant Legs. New series. A 33-year-old with a debilitating condition. 10.00 Grey's Anatomy. Part two of two. Addison struggles to cope in Los Angeles. (T) 11.05 My Strange Brain. (T) 12.05 Quiz Call. 4.00 Major League Soccer. 4.45 Nick's Quest. (R) (T) 5.10 Everybody Hates Chris. (R) (T) 5.35 Neighbours. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 Pocoyo. (R) (T) 6.20 Franny's Feet. (R) (T) 6.30 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Big School. (R) (T) 6.55 The Milkshake Show. (R) (T) 7.20 Funky Valley. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.05 Fit and the Flortrots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Princess. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 Michaela's Zoo Babies. (T) 12.30 five news with Natasha Kaplinsky. (T) 7.30 How Do They Do It? New series putting modern technology under the microscope; (T) 7.30 five news update. (T) 8.00 Megastructures. The construction of the Beijing Olympic Stadium; (T) 8.00 five news at 9. 9.00 Extraordinary People: The Woman with Giant Legs. New series. A 33-year-old with a debilitating condition. 10.00 Grey's Anatomy. Part two of two. Addison struggles to cope in Los Angeles. (T) 11.05 My Strange Brain. (T) 12.05 Quiz Call. 4.00 Major League Soccer. 4.45 Nick's Quest. (R) (T) 5.10 Everybody Hates Chris. (R) (T) 5.35 Neighbours. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 60 Minutes Makeover. (R) (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Inspector Morse. (R) (T)

5.00 Golden Balls. Game show, hosted by Jasper Carroll. (R) (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Nicola and Paul have a fun day out replacing the clothes they used for their quilt but choose the wrong size. Luckily when Diana finds out about their mistake, everyone sees the funny side, until the merriment is abruptly ended by a text from Jonny informing Paul he's started divorce proceedings. (T)

7.30 Ghost Town? London's Empty Houses. With 83,000 properties standing vacant in the capital, a special edition of the London Programme examines what can be done to put these wasted homes back into use. (T)

8.00 The Bill. Sally makes an unsuccessful attempt to retrieve evidence from a tower block scheduled for demolition, and later consoles herself by drinking too much at a club - with horrific consequences. (T)

9.00 Harley Street. Robert is not impressed when he discovers Quinn has misdiagnosed a patient and the pair have a heated confrontation. An old flame's return could have serious implications for Martha and her daughter, while one of Ekkow's clients asks for a nose job, hoping to please his younger wife. Medical drama, with Paul Nicholls, Oliver Dimsdale, Suranne Jones and Shaun Parkes. Last in series. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.40 London Ambulance. Paramedic Max Cummings races to the scene after a baby is reported to have suffered a cardiac arrest. Ambulance team Clare Carpenter and Nigel Flanagan help a man whose leg has been shattered in a mugging, while an ageing actor relives his past glories for crew members Diane Monk and Andy Breeden. Narrated by Gary Kemp.

11.10 Soundtrack to My Life. Actor and musician Juliette Lewis joins Cat Deeley to discuss her career and plans for the future.

11.40 The Goodwood Festival of Speed. The second of the two-part celebration of motor racing features Lewis Hamilton taking to the hill-climb and marks 50 years of British Touring Cars and the 60th anniversary of Lola. (T)

12.00 Bingo Night Live. 1.15 Motorsport UK. (T) 1.40 Nightwatch with Steve Scott; Crime; (R) (T) ITV News Headlines. 2.35 The Jeremy Kyle Show. (R) (T) 3.30 ITV Nightscreen.

LOCAL

Best of the Rest

MOVIES

Sky Movies Drama

7.00 Gideon PG (1999) 8.45 Eight Below PG (2005) 10.50 Kes U (1969) 12.45 Taken Away PG (1996) With Michael Tucker. 2.20 Little Children 15 (2006) With Kate Winslet. 4.40 Columbo: Strange Bedfellows PG (1995) With Peter Falk. 6.15 Step Up PG (2006) With Channing Tatum. 8.00 The Pursuit of Happiness 12 (2006) With Will Smith. 10.00 Hollywoodland 15 (2006) With Adrien Brody. 12.10 Mississippi Burning 18 (1988) With Gene Hackman. 2.25 Switchback 15 (1997) With Dennis Quaid. 4.35 Deep Family Secrets PG (1997)

Sky Movies Comedy

6.45 Bad Girls from Valley High 12 (2005) 8.20 Comedy Close Up 8.50 Last Holiday 12 (2006) 10.50 RV: Runaway Vacation PG (2006) 12.30 Accepted 12 (2006) With Justin Long. 2.10 Trading Places 15 (1983) 4.10 Ricki Lake 4.10 Secret Diary of a Call Girl 4.20 Film: City Slickers 15 (1991) 2.40 Teleshopping 5.40 ITV2 5.40 Screen 5.40

5.35 Neighbours

TCM

1.00 Lorna Doone 3.00 The

Harvey Girls U (1946) 4.45

Bells Are Ringing U (1960) 7.00

McCabe and Mrs Miller 18 (1971)

11.15 Eye of the Devil 15 (1967)

12.50 Hysteria 15 (1965) 2.15

Challenge to Lassie U (1949)

3.35 The Younger Brothers U (1949) 5.00 Cairo U (1963)

The Disney Channel

1.00 Relic Hunter 2.00 Stargate SG-1 3.00 Stargate SG-1 4.00

Gladiators 5.00 Futurama 5.30

Malcolm in the Middle 6.00

Malcolm in the Middle 6.30 The

Simpsons 7.00 The Simpsons 7.30

The Simpsons 8.00 The

9.00 Bones 10.00 Serial Killers

Uncovered 11.30 Road Wars

12.30 Road Wars 1.30 Road

Wars 2.20 Weeds 2.55 Scare

Tactics 3.20 Brainiac: Science

Abuse 4.15 Tenerife Uncovered

5.10 Guilty! 5.10 UKTV Gold

1.25 Last of the Summer Wine

2.05 Only Fools and Horses

3.25 What a Carry On! 4.00

Doctor Who 5.00 Sorry! 5.40

My Family 6.20 The Good Life

7.20 Last of the Summer Wine

7.40 Keeping Up Appearances

8.20 The Thin Blue Line 9.00

Only Fools and Horses 10.20

The Good Life 11.00 French

and Saunders 11.40 Two Pints

of Lager and a Packet of Crisps

12.20 What a Carry On! 12.55

The New Adventures of Old

Christine 1.25 Two Pints of

Lager and a Packet of Crisps

2.05 Baywatch 2.50 Baywatch

3.35 The New Adventures of

Old Christine 3.55 The Bill 4.45

EastEnders 5.15 Neighbours

5.35 Neighbours

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7.20 Last of the Summer Wine

7.40 Keeping Up Appearances

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FRI

BBC1



6.00 Olympic Breakfast. Including athletics, canoe-kayak flatwater and modern pentathlon. (T) 9.00 Olympics 2008. Including canoe-kayak flatwater, mountain biking and modern pentathlon. Continues on BBC2. (T) 12.00 BBC News; Weather. (T) 12.30 Regional News. (T) 12.45 Olympics 2008. Including athletics, boxing, hockey and football. Continues on BBC2. (T)

5.15 Weakest Link. General knowledge quiz. (R) (T) 6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 Olympics 2008: Games Today. Gabby Logan introduces highlights from the 14th day of competition in Beijing, including athletics finals, the women's modern pentathlon and canoe-kayak flatwater. The decathlon reaches a conclusion at the National Stadium, where the men's and women's 4x100m relay finals also take place, while the first finals in the canoe-kayak flatwater are the highlight at the Shunyi Olympic Rowing-Canoeing Park. Heather Fell and Kelly Livingston were among the pre-Games favourites in the women's modern pentathlon, an event in which the British have achieved an impressive level of success in recent years. Digital viewers can access additional interactive highlights; (T) BBC News; Regional News. (T)

8.00 EastEnders. Bradley agonises over what to do with Max's cheeky and Billy's desperation leads him to accept a dangerous offer. Whitney has an idea that puts Bianca back into favour with the kids. (T)

8.30 DIY SOS. New designer Julia Kendall creates an open-plan kitchen from the remains of a botched job which led one half of a couple to move back in with her mother until the work was complete. (T)

9.00 Would I Lie to You? Guests Tara Palmer-Tomkinson, Shane Richie, Vic Reeves and Rhys Thomas join team captains David Mitchell and Lee Mack to dupe their opponents with plausibles. (T)

9.30 The Armstrong & Miller Show. Brabbins and Fyffe sing a song about the problems with the rest of the world, and an intelligent window cleaner gives his views on the Middle East question. (R) (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 Comedy Connections. The story of Ronnie Corbett's solo sitcom of the 1980s, Soryl, the series Frank Skinner and Harry Hill cite as the most influential in their decisions to pursue careers in comedy. (T)

11.15 The National Lottery EuroMillions Draw. Sarah Cawood presents coverage of the National Lottery EuroMillions weekly draw. (T)

11.20 FILM: Copycat (1995). Thriller, starring Sigourney Weaver; (T) Weatherview. (T)

12.00 BBC News. (T) 2.50 Olympics 2008. Diving, taekwondo and football. (T)

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Bob the Builder. Project Build It. (R) (T) 7.10 Lunar Jim. (R) (T) 7.20 Little Robots. (R) (T) 7.30 The Koala Brothers. (R) (T) Tweenies Songtime. (R) (T) 7.45 Sesame Street. (R) 8.00 CBBC: Watch My Chops. (R) (T) 8.10 What's New Scooby-Doo? (R) (T) 8.30 Hider in the House. (R) (T) 9.30 The Revenge Files of Alistair Fury. (R) (T) 10.00 Get 100. (R) (T) 10.30 Evacuation. (R) (T) 11.00 Cash in the Attic. (R) (T) 12.00 Olympics 2008. Athletics, boxing and diving. Continues BBC1. (T) 12.45 Diagnosis Murder. (R) (T) 1.30 Murder, She Wrote. (R) (T) 2.15 Flog It! (R) (T) 3.00 CBeebies: Jakers! (R) (T) 3.25 CBBC: Arthur. (R) (T) 3.50 Uncle Max; (T) Thumb Wrestling Federation: TWF. (R) (T) 4.05 Best of Friends. (R) (T) 4.35 Sorry, I've Got No Head. (T) 5.00 Newsround. (T) 5.15 Olympics 2008. (T) 6.00 Battle of the BBC. (R) (T) 6.30 Eggheads. (R) (T) 7.00 The Real Monarch of the Glen. Manager Hugh Fullerton-Smith looks to increase the boat population. (T) 7.30 Return to Lakesiders. The making of the Nineties soap. (T) 8.00 Gardeners' World Special. Exploring the classic English country garden. (T) 9.00 The Tudors. Princess Elizabeth is baptised and the Act of Succession is unveiled. (T) 9.55 Coast. From Glasgow to the Outer Hebrides. (T) 10.00 QI. With Rob Brydon, Gyles Brandreth and Rich Hall. (R) (T) 10.30 Newsnight; Weather. (T) 11.00 Motor City's Burning: Detroit from Motown to the Stooges: BBC Four on BBC Two. (T) 12.00 Star Trek: The Next Generation. (R) (T) 12.45 Star Trek: The Next Generation. (R) (T) 1.35 Sign Zone: Britain from Above. (R) (T) 2.35 Sign Zone: Britain from Above. (R) (T) 3.05 Sign Zone: Francesco's Mediterranean Voyage. (R) (T) 3.35 Sign Zone: Francesco's Mediterranean Voyage. (R) (T) 4.05 How I Met Your Mother. (R) (T) 4.50 BBC News. (T)

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22 AUG

Pick of the Day

Richard & Judy (C4, 5pm)

When Richard Madeley and Judy Finnigan swapped their morning ITV1 show for a teatime Channel 4 slot in 2001, many critics wondered if their new show would sink or swim. The fact it's still going seven years later is testament to the fact fans will watch them whatever time of day they are on. The duo's presenting style has been unique to say the least. They've often lurched from incredibly personal questions to the defunct quiz You Say We Pay without batting an eyelid. R and J have also come in for some flak from certain quarters, notably for Madeley's seemingly endless question to Bill Clinton. Judy's also had her fair share of criticism over her presenting style, but they have carried on regardless, entertaining and informing millions of us while we juggle making dinner with looking after hungry kids, or just winding down after a hard day. Alas, the duo's reign as the king and queen of teatime TV comes to an end this week. Here they present the last ever edition of the lively entertainment show before departing Channel 4. Inevitably there's a look back at some of the programme's most memorable moments.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.25 Big Brother's Little Brother. (T) 7.55 Big Brother. (R) (T) 8.55 T4: Friends. (R) (T) 9.30 T4: Friends. (R) (T) 10.05 T4: Take That Live at the O2. (R) (T) 11.45 T4: Rockcorps. (T) 12.00 News at Noon. (T) 12.30 A Place by the Sea. (R) (T) 1.30 Channel 4 Racing from York. The final day of the Ebor meeting. (T) 3.45 Countdown. (R) (T) 4.30 Come Dine with Me. (R) (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Watch Me Disappear. Researching the lives of two Manchester residents who died alone. (T) 8.00 A Place in the Sun: Home or Away. Homes suitable to double as a holistic therapy centre. (T) 9.00 Big Brother. The results of the eviction are announced. (T) 10.00 The Kevin Bishop Show. Sketches include Radiohead deciding to release happy songs, an American remake of All Creatures Great and Small, and Colin Farrell embarking on a quest for sexual gratification. (T) 10.35 Big Brother. (T) 11.05 Tonight. (T) 11.40 Comedy Lab: Slaterwood. (T) 12.10 Transmission. (T) 1.15 4Music: 4Play: The Subways. (R) (T) 1.25 4Music: Rockfeedback Presents. (T) 1.55 Bullrun: Cops, Cars and Superstars. 2.20 Big Brother Live. 4.20 Goalissimo. (T) 5.15 Transworld Sport. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 Pocoyo. (R) (T) 6.20 Franny's Feet. (R) (T) 6.30 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Big School. (R) (T) 6.55 The Milkshake! Show. (R) (T) 7.20 Funky Valley. (R) (T) 7.25 Mio Mao. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Princess. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 Michaela's Zoo Babies. (R) (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Medical Investigation. (R) (T) 3.10 FILM: My Son Is Innocent (1996). Courtroom drama, starring Marilu Henner. (T) 5.00 five news; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Michaela's Zoo Babies. (T) 7.00 five news. (T) 7.30 Brits Who Made the Modern World. Pioneers of Britain's #1.4bn computer games industry. Last in series; (T) 7.30 five news update. (T) 8.00 Superstars. Mike Catt's Red team competes against Kelly Holmes' Blues; (T) 8.00 five news at 9.00 NCIS. A woman claims to have witnessed a murder. (R) (T) 10.00 Law & Order: Special Victims Unit. An assault on a teenage TV celebrity poses problems for the detectives, who learn she had plenty of enemies in the entertainment community, and one may have influenced her attacker. (T) 11.00 Law & Order. (R) (T) 12.00 Cricket on five. 1.00 Quiz Call. 4.30 Lemur Island. A drought threatens the stability of the families. (R) (T) 5.10 Everybody Hates Chris. (R) (T) 5.35 Neighbours. (R) (T)

LOCAL

Best of the Rest

RTP1

0630 Bom dia Portugal 1000
Dia do Mar 1300 News 1530

Dia do Mar 1800 Portugal em

Directo 1905 O Preço Certo

2000 News 2100 é Agora

2130 Liga dos Últimos 2345

11:11, film 0345 Euronews

0400 Portugal No Coração

RTP2

0700 Euronews 0715 Zig Zag

1300 Entre Pratos 1400

Sociedade Civil 1530

Consigno 1600 National

geographic 1700 Zig Zag

1830 A Fô de Homens 1900

Iniciativa 1945 Zig Zag 2045

Friends 2115 National

Geographic 2200 News 2240

Bones 2330 Balanço &

Contas 0030, Noites da

0115 Verdades 0145

Iniciativa 0230 Liga dos

Últimos 0315 Sociedade

Civil 0445 Euronews

SIC

0600 Sic Notícias 0900 Dia

Em Grande 1000 Fátima 1300

News 1415 Terra Nostra 1545

Contacto 1800 Beleza Pura

1900 Sete Pecados 2000

2245 Desejo Proibido 2330

Duas Casas 0030 CSI Las

Vegas 0130 CSI Miami 0230

Quando o Telefone Toca

0400 Squanto, A Warriors

Tale, film

TVI

0700 Diário Da Manha 1000

Você na TV 1300 News 1400

Mundialito de Futebol de

Praia 1700 Quem

Ganhar 1745 Morangos com

Açúcar 1900 News 2115

Euromilhões 2130 Ilha das

Amores 2215 Doce Fugitiva

2330 Tu e Eu 0030 Rambo

III, film

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

Sky Movies Drama

9.00 The Premiership's Greatest Goals 10.30 Film: The Usual Suspects 18 (1995) 12.35 Road Wars 1.35 Road Wars 2.30 Weeds 3.05 Tenerife Uncovered 3.55 Scare Tactics 4.20 Road Wars 4.45 America's Dumbest Criminals 5.10 Guilty! UKTV Gold 1.25 Last of the Summer Wine 2.05 Only Fools and Horses 3.25 What a Carry On! 4.00 Doctor Who 5.00 Sorry! 5.40 My Family 6.20 The Good Life 7.00 Last of the Summer Wine 7.40 Keeping Up Appearances 8.20 The Thin Blue Line 9.00 Only Fools and Horses 10.20 The Good Life 11.00 French and Saunders 11.40 Two Pints of Lager and a Packet of Crisps 12.20 What a Carry On! 12.55 The New Adventures of Old Christine 1.25 Two Pints of Lager and a Packet of Crisps 2.05 Baywatch 2.50 Baywatch 3.35 The New Adventures of Old Christine 3.55 The Bill 4.45 EastEnders 5.15 Neighbours 5.35 Neighbours TCM 1.00 Lorna Doone 1.50 Pick a Star U (1937) 3.00 Bhowani Junction PG (1956) 5.05 Guns for San Sebastian PG (1968) 7.05 Hearts of the West PG (1975) 9.00 Point Blank 18 (1967) 10.35 The Carey Treatment 15 (1972) 12.30 The Haunting 15 (1963) 2.25 Greed U (1925) 5.00 The Thin Man U (1934)

The Disney Channel

Kids' programmes from 7am, except: 6.00 Film: Wendy Wu: Homecoming Warrior PG (2006) Adventure, starring Brenda Song. 10.00 Film: Wendy Wu: Homecoming Warrior PG (2006) Adventure, starring Brenda Song. 12.00 Film: Wendy Wu: Homecoming Warrior PG (2006) Adventure, starring Brenda Song.

MOVIES

Jump 15 (1992) With Woody Harrelson. 8.00 10 Things I Hate About You 12 (1999) With Heath Ledger. 9.45 The Holiday 12 (2006) With Cameron Diaz. 12.05 White Men Can't Jump 15 (1992) With Woody Harrelson. 2.05 Tenacious D in The Pick of Destiny 15 (2006) With Jack Black. 3.45 Stop! Or My Mom Will Shoot PG (1992) With Jessica Tuck. 6.05 Holy Man PG (1998) With Eddie Murphy. 8.00 Zodiac 15 (2007) With Jake Gyllenhaal. 10.40 Cocktail 15 (1988) With Tom Cruise. 12.30 Notes on a Scandal 15 (2006) With Judi Dench. 2.10 The Black Dahlia 15 (2006) With Josh Hartnett. 4.20 Blessings PG (2003) Sky Movies Comedy

6.55 Up 'n' Under 12 (1998) 8.40 Stop! Or My Mom Will Shoot PG (1992) 10.10 Teenage Mutant Ninja Turtles III PG (1992) 11.50 Comedy Close Up 12.20 10 Things I Hate About You 12 (1999) With Heath Ledger. 2.00 The Holiday 12 (2006) With Cameron Diaz. 4.20 Blessings PG (2003) Sky Movies Action

7.05 Uncommon Valor 15 (1983) 9.05 Cries in the Dark 12 (2006) 10.55 Snakes on a Plane 15 (2006) 12.55 A Sound of Thunder PG (2005) With Ben Kingsley. 2.50 Uncommon Valor 15 (1983) With Gene Hackman. 4.50 Get Smart Special 5.05 Poseidon 15 (2006) With Kurt Russell. 7.00 Snakes on a Plane 15 (2006) With Samuel L. Jackson. 9.00 Striking Distance 15 (1993) With Bruce Willis. 10.50 Outlaw 18 (2007) With Sean Bean. 12.45 Crash 18 (2006) With Jason Statham. 2.25 Year of the Dragon 18 (1985) With Mickey Rourke. 4.50 Angel Flight Down PG (1996)

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Premier League World 9.30 IAAF Athlete Weekly 10.00 Live European Tour Golf. The KLM Open. 12.00 Premier League World 12.30 IAAF Athlete Weekly 1.00 Motor Racing 1.00 Live International Cricket. England v South Africa. 10.00 Big League Weekend 11.00 Off The Bar 7.00 11.30 Premier League Preview 12.00 World Sport 12.30 International Cricket 2.30 Big League Weekend 3.00 Off The Bar 4.00 Premier League Preview 4.30 Big League Weekend 5.30 Off The Bar

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Pipeline Adventures 7.00 WWE: Raw 9.00 Pipeline Adventures 9.30 ATP Tennis 10.00 Race World 11.00 Show Jumping 11.30 IAAF Athlete Weekly 12.00 Transworld Sport 1.00 Rugby League 3.00 Live European Tour Golf. The KLM Open. 5.00 Premier League World 5.30 Big League Weekend 6.30 Off The Bar 7.00 Premier League Preview 7.30 Live Super League 2.00 Super League 2.00 Show Jumping 2.30 World Sport 3.00 Pipeline Adventures 3.30 International Cricket 5.30 Pipeline Adventures

Sky Sports 3

7.00 Show Jumping 7.30 Motor Racing 9.00 Rugby League 11.00 Aerobics Oz Style 5.00 NFL: Total Access 6.00 Live Rugby Union. Golden Lions v Free State Cheetahs (Kick-off 6.10pm). 8.00 Big League Weekend 9.00 Off The Bar 3.00 Premier League Preview 10.00 Rugby Union 12.00 Pipeline Adventures 12.30 Show Jumping 1.00 Tight Lines 2.00 Rugby Union 4.00 NFL: Total Access 5.00 Tight Lines 7.30 Golf Night

SPORT

5.15 Olympics News Nihao 5.30 Live Olympic Volleyball. The opening men's semi-final. 6.30 Olympic News Nihao 6.45 Live Olympic Volleyball. The opening men's semi-final. 7.30 Olympic News Nihao 7.45 Live Olympic News Nihao 8.45 Live Olympic Handball. The first men's semi-final. 12.30 Live Olympic Handball. The first men's semi-final. 1.00 Olympic Handball. The first men's semi-final. 2.00 Olympic Handball. The first men's semi-final. 3.00 Olympic Handball. The first men's semi-final. 4.00 Olympic Handball. The first men's semi-final. 5.00 Olympic Handball. The first men's semi-final. 6.00 Olympic Handball. The first men's semi-final. 7.00 Olympic Handball. The first men's semi-final. 8.00 Olympic Handball. The first men's semi-final. 9.00 Olympic Handball. The first men's semi-final. 10.00 Olympic Handball. The first men's semi-final. 11.00 Olympic Handball. The first men's semi-final. 12.00 Olympic Handball. The first men's semi-final. 1.00 Olympic Handball. 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Dedicated to Milo



save them as the time for that is too short. Nothing can bring back Milo, but this advice may save another dog. I apologise to those who remember it vividly but hope you will bear with us as some people did not catch it last time around.

First the medical jargon.

Bloat, Torsion. Gastric dilatation-volvulus (GDV). Call it what you will, this is a serious and life-threatening

issue. Simple gastric distension can occur in any breed or age of dog and is common in young puppies who overeat. This is sometimes referred to as pre-bloat by laymen. Belching of gas or vomiting food usually relieves the problem.

If this condition occurs more than once in a predisposed breed, the vet might discuss methods to prevent bloat, such as feeding smaller meals. Some vets recommend, and some owners request, prophylactic surgery to anchor the stomach in place before the torsion occurs in dogs who have experienced one or more bouts of distension or whose close relatives have had GDV. Sandy, in fact, had this done in the hopes of preventing a repeat performance. This worked with Sandy who had no further problems.

The technicalities of bloat

Torsion or volvulus are terms to describe the twisting of the stomach after gastric distension occurs. The different terms are used to define the twisting whether it occurs on the longitudinal axis (torsion) or the mesenteric axis (volvulus). The oesophagus is closed off, limiting the dog's ability to relieve distension by vomiting or belching. Often the spleen becomes entrapped as well, and its blood supply is cut off.

Now a complex chain of physiologic events begin. The blood return to the heart decreases, cardiac output decreases, and cardiac arrhythmias may follow. Toxins build up in the dying stomach lining. The liver, pancreas, and upper small bowel may also be compromised. Shock from low blood pressure and endotoxins rapidly develops. Sometimes the stomach ruptures, leading to peritonitis.

Abdominal distension, salivating, andretching are the hallmark signs of GDV. Other signs may include restlessness, depression, lethargy, anorexia, weakness, or a rapid heart rate. I must thank my various medical books for the details here, beyond my layman's knowledge.

Treatment

GDV is a true emergency. If you know or even suspect your dog has bloat, immediately call your Vet. Do not attempt home treatment, do not take any risks, it is better to visit with a false alarm than leave it. I was told later by my UK Vet that a window of 45 minutes is the most you have. In the UK I would not have got to my Vets in that time because of the traffic!

Call the Vet ahead to warn them, whilst you are transporting the dog, the Vet staff can prepare for your arrival. Do not insist on accompanying your dog to the treatment area. Time is of the essence, you need to just let

the Vet ahead to warn them, whilst you are transporting the dog, the Vet staff can prepare for your arrival. Do not insist on accompanying your dog to the treatment area. Time is of the essence, you need to just let



them get on with what has to be done—this is difficult but necessary. Well-meaning owners are an impediment to efficient care. Someone will be able to answer your questions as soon as possible, but for now, have faith in your Vet. My Vets told me firmly that 'this is a critical medical emergency, we will call you'.

Initial diagnosis may include x-rays, an ECG, and blood tests, but treatment will probably be started before the test results are in.

The first step is to treat shock with IV fluids and steroids. Antibiotics and anti-arrhythmics may also be started now. Then the Vet will attempt to decompress the stomach by passing a stomach tube. If this is successful, a gastric lavage may be instituted to wash out accumulated food, gastric juices, or other stomach contents. In some cases, decompression is accomplished by placing large-bore needles or a trochar through the skin and muscle and directly into the stomach.

In some cases, this medical therapy is sufficient. However, in many cases, surgery is required to save the dog. Once the dog's condition is stabilized, surgery to correct the stomach twist, remove any unhealthy tissue, and anchoring the stomach in place is performed. The gastropexy, or anchoring surgery, is an important procedure to prevent recurrence, and many variations exist. Your Vet will do the procedure he feels comfortable with and which has the best success rate. Obviously Sandy had to have full surgery.

Recovery is sometimes prolonged, sometimes requiring hospital stays of a week or more. However Sandy, bless her, was out the next day and completely back to normal within the week. Post-operative care depends on the severity of the disease and the treatment methods employed and may include a special diet, drugs to promote gastric emptying, and routine wound management. In Sandy's case she remained on her Burns food with no problems.

Prevention

Clearly, prevention of GDV is preferable to treatment. I was given advice from various places after the event!! I immediately purchased raised bowls for all

my dogs, to this day all my dogs eat from high bowls. (However, I gather that in the USA they feel the high feeding is not necessary). I feed my dogs twice a day, I always remain with them whilst they eat to monitor them and check that they do not 'bolt' the food fast. I NEVER feed my dogs and go out and leave them. I always remain in the house after feeding for at least an hour, two hours if possible—yes this is inconvenient at times but you just get used to factoring it in. My Vet in the UK lost her GSD to bloat as she had to rush out on an emergency call, I have never forgotten her valuable advice. Do not allow any exercise for two hours after a meal.

Whilst I would not wish this on anyone, having some knowledge is always a bonus.

I will miss the gentle Milo, he was truly a fabulous loving lab, he was everything you could possibly want in a lab. He was a credit to the care he received from my clients. Run free Milo, run free with Sandy and wait at the Rainbow Bridge for your Mum and Dad.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death.

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Jan Cobley

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I know I only covered a stomach torsion a few months ago. But, I do feel justified in mentioning again. Lovely clients of ours had a beautiful, good natured, gentle brown Labrador called Milo. Milo was their life, he had all the love and attention and returned that with unconditional love.

Milo lost his life a couple of weeks ago at 8 years old to a stomach torsion. The last view of him I remember is 3 weeks ago when I delivered his food and he stood watching me with those lab eyes shining.

Information is not automatic and a lot of us find out the do's and don'ts too late. People continue to talk to me about this subject and since Milo's death I am just going to reprint the advice. Nothing can completely eradicate the possibility of a stomach torsion, but steps can be taken to cut the risks. We all run the risk that if left alone we cannot

condition and a large number of breeds of dogs are susceptible. While the diagnosis is simple, the pathological changes in the dog's body make treatment complicated, sometimes expensive, and not always successful. It affects deep chested dogs, often ones that are fed daily, (although not in my Sandy's case.) Often dogs are in the habit of bolting food, gulping air, or drinking large amounts of water immediately after eating to this feeding schedule and body type. Then add vigorous exercise after a full meal, and you have the recipe for bloat. Even just the normal jumping about in excitement can trigger it. In Sandy's case it was thought to have been connected with the heat, panting thus gulping air and too much water.

Of course, the fact that not all bloats happen in just the same way and the thought that some bloodlines are more at risk than others further complicates the



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I have been sent the following urgent message which I pass on to you all.
 "Please pass to all the Estrella lovers you know. This is a very gentle, timid small young male dog about 12-14 months, rescued off the street by an English couple who do not live in Algarve, so they took him to Goldra rescue centre. He needs a home, desperately, as conditions in kennel do not suit Estrella's free spirit and he gets extremely depressed. He has beautiful ears and a tail like a *gancho* (hook), but is very skinny and has no coat at the moment. Has good teeth and excellent scissor bite. No papers of course. Please help if you can by contacting Goldra, Lourdes on 916136011."

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death.

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Stuart, an adorable, energetic, 2-month old puppy. Longing for a happy family to be part of. He is vaccinated, wormed and registered. Hates being alone, loves company and other animals. Anyone interested in adopting him (or any of the two dogs below), please send a text message to: 919 368 726. Stuart, (Clive and Alfie below) and others can be seen at the APAA sanctuary, near Pereira (Alvor).



Clive is a male Golden Retriever, 2 years old. He was found with no fur. He has a lovely Golden Retriever head. He is very gentle, friendly, and loves to be stroked. He has a passport, castrated and vaccinated.
Please contact APAA (Associação de Proteção Animal do Algarve), on Mexilhoeira Grande. Tel/fax: 282 471 347 or mobile: 919 368 726.
E-mail: safehandsboardingkennels@clix.pt



Alfie is an 18 months old male. He was found in an appalling condition. He is a sweet and friendly chap, and loves to play. He is perhaps a Poodle mix? He has been castrated and vaccinated. Please contact APAA (Associação de Proteção Animal do Algarve), on Mexilhoeira Grande. Tel/fax: 282 471 347. Mobile: 919 368 726.

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Are you looking for a kitten? Many kittens/ cats of different colours are waiting for a nice loving home! They are all de-wormed, de-fleas and some are vaccinated. Come and visit them! Call Valérie: 913 860 865 or 282 342 823 (evenings).



Patch is a beautiful, affectionate female pup. At 8 months old, she is really calm and steady, taking everything in her stride. She loves the car, people, other dogs and cats and especially food! She has been spayed, is heartworm free and has had her 1st vaccination. Please call 282332621 or 282332416 if you can offer her the loving home she deserves.

Paws4Pets — Expansion



By the time most people get to read a copy of the paper, Paws4Pets will be up and running in its second location. This has been a very big step for us. We continue to listen to our clients and whilst we have many who shop regularly in Silves itself, we know that a lot of you find the inability to park near the shop a big problem. Personally I always park in the big car park and enjoy the walk along the river — but not an option with a 15kgs bag of Burns to carry.

To this end we spent ages searching for premises. A few had licensing issues, after the problems with Silves we could not face another battle so turned them down. Finally, in January we found the answer, a new build which would hopefully be easier to license and with parking in front of it. That was the big plus point. It is on a good wide road, easy access to the N125, A22 and Algarve shopping.

The license turned out to be so easy, the forms were filled in, ten days later, inspection, ten days later license. Amazingly, in Silves after endless form filling, endless money and 4 years down the line we still have more bits of paper and tests to perform. Interpretation of the EU directives seems an issue.

So, the Albufeira shop is a new build as I said previously, it is larger and much lighter with big windows, light floor tiles which I suspect will drive us mad when it rains!! We have invested in new shop fittings which make a tremendous difference. As I write this, Julie and I have spent two days swinging from 'we have not got enough stock' to 'we have not got enough shelves'.

The new shop will evolve as we work within it, we will no doubt move things around several times before we find the correct flow — we hope you will be patient with us. At this moment I must also thank everyone for being so understanding during this transition — first Silves shop was packed to the ceilings as it had two lots of stock in it, as I write this Silves is looking rather confused. Rest assured all will be back to normal very fast with Silves, Oliver will be in charge at Silves whilst Jim and I will be rotating our time at Albufeira for a few weeks. Both Julie and I will be on the phone for any questions you may have. Once the boys return to school Julie will spend her time between the two shops. Julie is the driving force as she knows her way around all the suppliers web pages and order forms. Put me in charge of them and I would cause mayhem in an hour.

We have been on a 'shopping' overload according to Jim!! Many new lines have just arrived for both shops. The new lines will start at Albufeira and then be amalgamated into Silves. We always listen to our clients and will search and track down the goods you have requested. I have been asked time and again for Pee Posts for the 'boys' — this has

been a marathon but they are now in. Merlin watch out you will have one in the garden. Remaining on that subject, another product is a specific terrace cleaner called Yard Odour Away. This comes highly recommended for removing the wonderful odour our boy dogs leave behind, yes you Merlin!! Along the same lines is Cat stain and odour remover, quite important when our cats decide to leave their mark on the furniture and curtains.

We have a large selection of new toys and of course the new food. Organipets and Natures Harvest are on the shelves and waiting for eating. Merlin will be allowed to try the Organipets first, the rest will all remain on their Burns, they are stable on it and all doing well. As I often say Merlin is a pain with food, he often just stands and looks at his bowl, even better he will lay on the floor and watch it!

We also have a new selection of the Little Dog Laughed cards and some new gifts.

I think Julie would back me on this, that the best thing about Paws4Pets is the people and the

pets — it's not the order forms, the late nights, the database input, although unfortunately that is all necessary. But, meeting people with pets, talking for hours about problems, that is the rewarding part. I am available 24/7 and I never mind anyone ringing me for advice at any time — I am only a novice but if any of my past experience can help save a dog's life, it is all worthwhile.

I have added the sad story of Milo this week, with the owner's consent. Awareness of this horrendous condition is important to dog owners, it cannot bring back Milo but may save another dog's life.

We look forward to meeting many more of you at our second store in Albufeira. Any problems with location either check the web page or ring me.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death.

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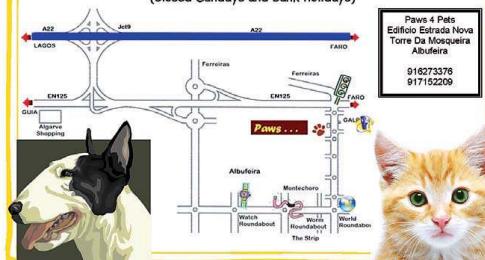


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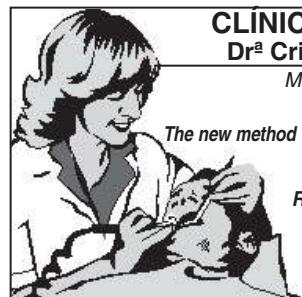


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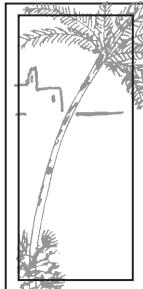


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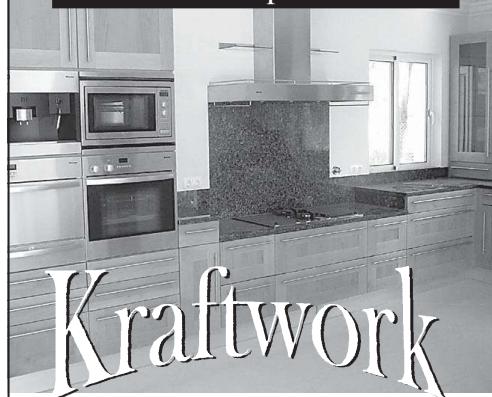


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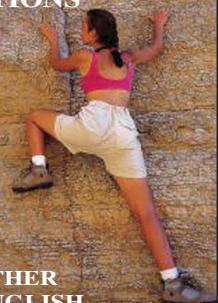
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WHERE TO WORSHIP

Lisbon

IGREJA DO CORPO SANTO, LISBON Largo do Corpo Santo, Catholic Services in English, Mass each Sunday and Holiday at 11.00am Tel. 21 467 3771

IGREJA DA SRA. DOS NAVEGANTES, CASCAIS Ruas dos Navegantes, Catholic Services in English, Mass each Saturday at 6.30pm; Mass each Sunday and Holiday 12 noon Tel. 21 467 3771

ST MARIA, SÃO PEDRO DO ESTORIL Catholic Service in English every Sunday at 10:15 Tel. 21 467 3771

OCEAN CHRISTIAN COMMUNITY - An International Spirit-filled Church serving the Linha de Cascais area. Small group study meets regularly. Join us for Sunday worship with a contemporary style at the Hotel Sáoboa, Rue Belmonte, No. 1, Estoril. For more information contact us on 21 9282019

INTERNATIONAL BAPTIST CHURCH OF LISBON 11.30am English worship service in the facilities of the Terceira Igreja Evangélica Baptista de Lisboa. Location: Rua Filipe Folque, 36, 1st Floor, 1050 Lisbon. Rev. Joseph Ian Monoh

BAPTIST MISSION - Esgueira (Aveiro) Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel 965-363-996.

GREATER GRACE WORLD OUTREACH has Live (and archived) upbeat and inspiring Worship Services available for free viewing thru their website www.ggw.org - the site also gives contact info for their ministries in northern and southern Portugal. Check it out and be blessed!

RIVERSIDE INTERNATIONAL CHURCH Office: Rua São José 178, 1. dto, Fontainhas, 2750-134 Cascais. Phone: 21 483 6590. Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praça Infante D. Henrique N° 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring & culturally relevant church meeting at ABLA in Carcavelos each Sunday at 8pm in Portuguese and 11.00am in English. Creche, children and youth ministries provided.

THE DOOR Christian International Church - meets at Cidade Desportiva, Praça Carlos Capitão, Lote "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm - all welcome.

For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 918 086 683 God Bless!

CHAPELOFST. PIUX: PRIORITY S.PIOX, Estrada de Chelas, 31, 1900 Lisboa. Tel.(21) 2814591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Arentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

ST GEORGE'S CHURCH, LISBON (Church of England), Rua S. Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School Service 11.30 am every Sunday. Tel. 21 4692303.

ST PAUL'S CHURCH, ESTORIL (Church of England), Av. Bombeiros Voluntários 59 (behind Hotel Sáoboa), Sunday School. Service 9.30 am every Sunday. Tel. 21 4692303.

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Murtal, Mass each Sunday and Holiday 10.15am Tel. 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Amriaga, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885, www.standrews.lisbon.sapo.pt

CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, N°1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week Bible studies.

THE SALVATION ARMY, LISBON Reboleira Corps (Praceta Almada Negreiro, Lote 213 Loja Dto D Exérco 11 A); Chelas Corps (Rua Ruíde Sousa, Lote 65 A loja C); Laranjeiras Corps (Bairro de Laranjeiras, Areal das Artes); Carcavelos, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. Tel. 21 2461596.

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IGREJA BAPTISTA de Queljas (close to Cascais) Rua Carlos Santos 85, Queljas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Services: English 10:15 / Portuguese 12:00 Prayer and Bible Study; Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

JEHOVAH'S WITNESSES - Public Talk in English. Rua João de Deus, 76, Sintra. (Behind Sintra train station). Sunday 3pm. Tel: 214 690 600. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua da Barroca, 222 (Bairro Alto), Lisbon. Saturday 6.30pm. Tel: 213 421 604. No collection.

INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE

Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterslide Park. Services in English, creche and Sunday School. For further information: 289 328635.

LAGOA CHRISTIAN FELLOWSHIP An International English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru pre-teen. Service every Sunday 11am to 12:30 pm. Portuguese translation Available. Address: EN125 - Vale de Lousas, Alcantarilha. Next to Auto-Head, SACL & Centro de Lareiras. Pastor Alípio Amaral Tel. 282 381347. Visit our website at www.lagoachristianfellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rue Almirante Candido Reis. Full programme and details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966 380 404. E-mail: jackieandmo@yahoo.co.uk

RESGATE DE VIDA, LAGOS APOSTOLIC MULTI-CULTURAL FELLOWSHIP Raising up a New Generation According to, EPH 4 v 11 - 12 Prophetical Worship, and a Holy Spirit Inspired Word. We invite you to come and drink of the New Wine. English & Portuguese speaking Translations Children Welcome. Meeting on Sundays 7pm - 9pm Wednesdays 8pm - 9.30 pm At Rua. Hospital S. João De Deus . 300m North of the traffic lights at the Intermark Supermarket on the left next to the video shop. English tel. Michael & Yoka 282 782 845 Portugues tel Ana 934 241 766

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English - 11am, at St. Lourenço Church - Almancil - 6.30pm, at Four Seasons Country Club - Quinta do Lago - Almancil. Further information, please contact the International Catholic Community of Almancil (Griselda Neto no 966168120 or Vítor on 958980098 or domopor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 17, R/C-D1 Portimão. Bible study on Tuesdays; 10.45 for 11 am at "The Bridge" (A Ponte) in the Cedipira Shopping Centre near the church. Tel 282 461 985

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5pm. About 1000 North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Oremail: pastor@ibev.pt

CHURCH IN ALJEZUR / VALE DE TELHA, Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11 B, 8600 Lagos (50 metres from the Hotel Golfinho), Tel. 282-08604 or 282-697546.

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ROMAN CATHOLIC ST. ANDREWS, PENINA R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nº 19, São Brás de Alportel

EREV SHABAT - For services Tel: 282 416710

JEHOVAH'S WITNESSES - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses, 25 Largo Ermelinda Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. Tel: 282 332 813. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 1pm. Tel: 282 442 279. No collection.

Oporto

ENGLISH SERVICES IN OPORTO - GREATER GRACE now has contemporary worship in Porto as of 11/18. Featuring uplifting music and insightful Biblical teaching, our meetings take place in the Sala Grande at Hotel Peninsular, Rua Sá da Bandeira, 21 (behind the McDonald's in the Praça da Liberdade) while we continue our search for a permanent location. Service time is 16h (other service times are being considered for 2008). More information is available on www.NovaAurora.com, by email to nova.aurora@elix.pt or by calling 91 711 2736. We are also looking for reinforcements for our worship team, so come and meet us. More information about Greater Grace, including live and archived services, can be seen at www.ggw.org.

RIVERSIDE PORTO INTERNATIONAL CHURCH - Oporto. A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 for more details. Address: www.riversideporto.com web site www.riversideporto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO, Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesopporto.org

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama N.º 67-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários); Tel: 22 929 1077. Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

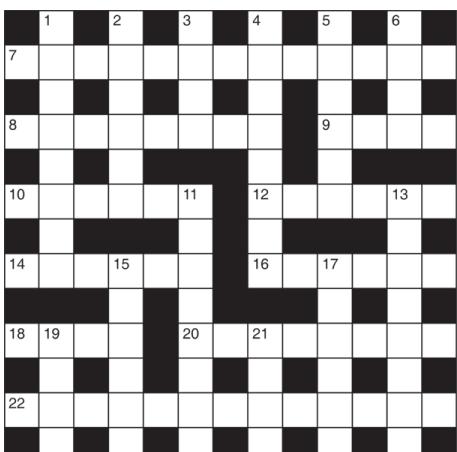
JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168, Sunday 10.30am. Tel: 226 160 976. No collection.

CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH At 6.00pm on the first Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Saudade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'. All welcome.

UPWARD GLANCE with Joyce Voelker

"in the first year of his reign, I, Daniel, understood from the Scriptures, according to the word of the LORD given to Jeremiah the prophet, that the desolation of Jerusalem would last seventy years." - Daniel 9:2

The Portugal News Crossword No. 205



QUICK CLUES

ACROSS

7. Blame-worthy (13)

8. Balderdash (8)

9. Evict (4)

10. Impede (6)

12. Confirm (6)

14. Babe (6)

16. Dimish (6)

18. Fashionable (4)

20. Severe (8)

22. Dull (13)

22. Go back (7)

23. Dulcet (5)

1. Strong affection (8)

2. Levered (6)

3. Eschew (4)

4. Pause (8)

5. Energy (6)

6. Sad to say (4)

11. Backward (8)

13. Haunt (8)

15. Stress (6)

17. Elf (6)

19. Pursue (4)

21. Merriment (4)

18. Escape (5)

19. Information (4)

QUICK SOLUTIONS No. 204

Across: 1 Iota; 8 Strike dumb; 9 Pleasant; 10 Ante; 12 Efface; 14 Heeded; 15 Turret; 17 Saturn; 18 Isis; 19 Reclaims; 21 Above board; 22 Send.

Down: 2 On all fours; 3 Asia; 4 Grease; 5 Sketch; 6 Adjacent; 7 Able; 11 The Kremlin; 13 Abrasive; 16 Throbs; 17 Social; 18 Iran; 20 Adds.



The Cure

Lisa Pinneo, a brave missionary nurse, served in West Africa in the late 1960's. Several others working in the area contracted a deadly disease, after helping to perform the autopsy on one of the people who had died from this rare disease, Lisa also became ill. When she started showing symptoms of the same disease that had already claimed several lives, doctors flew her to New York for medical treatment. Lying on a stretcher in a curtained-off area of the cabin and accompanied by a nurse and another Health Service physician she spent 12 hours on a direct flight.

As is usually the case, the disease was named for the place from which it came, a village in Nigeria called Lassa. Lassa Fever infection can involve almost all the

body's organs. The virus produces a fever as high as 107 degrees; mouth ulcers; a skin rash with tiny hemorrhages; pneumonia; infection of the heart leading to cardiac failure; kidney damage, and severe muscle aches. Except for excellent nursing care, Lisa's doctors had no specific therapy to offer. Against all odds, somehow Lisa survived.

One of the doctors who treated Lisa while he studied and analyzed the Lassa virus soon became seriously ill. Though no known cure had yet been found, Lisa was recovering. She had built up antibodies to the disease and donated blood plasma to the doctor. Her blood with its newly produced antibodies saved Dr. Casal's life.

According to Romans 3:23, all mankind is infected with the fatal disease of sin. In Romans 6:23, we learn that sin leads to

death, eternal separation from God. What sad news to hear that this fatal disease dooms all of us.

There is, however, a cure. No one need suffer from this terrible condition. The cleansing power of the blood of Jesus Christ removes sin's curse. He shed His blood on Calvary in order to make forgiveness possible. All we need to do is acknowledge our sin, repent, recognize Him as our Savior, and receive the spiritual cure for sin. Have you made that decision?

"For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord."

Romans 6:23

More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page

The Portugal News • 16 Aug 2008

Community

Services

September: Focus on the International Algarve Fair

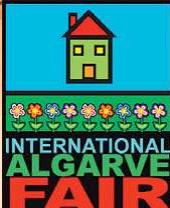
During the month of September residents and visitors to the region will be focussing on the International Algarve Fair. So for the whole month of September we are giving the opportunity for all exhibitors to advertise the products or services they will be offering completely free of charge in the classified section.

Ads. can only be placed by email and should not exceed 15 words.

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And if you have bit yet booked your stand, call us on 282 380 317 or go to algarvefair.com



Announcements

LONELY? BORED? Come and join out happy helpers and fund-raisers, 3 to 4 hours a week (or more)! Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômbar for details of our work. Tel.: 962 633 811.

CASA - WELL-KNOWN local social club (over 300 members) who raise money to help many needs in the area. Open to all, with a monthly newsletter of events and dinners (local venues for reasonable prices). Plus outings to interesting places in Portugal and Spain. Find out more by calling Mary 282 357 275.

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DON'T MISS a visit to the FARO JEWISH HERITAGE CENTRE. The only remaining vestige of the 1st post inquisition Jewish Presence in Portugal - Open Weekdays 9h30 - 12h30. Tel: FJH Centre: 289 829 525 or João (Guide) 936 394 488. www.farojewishheritagecentre.org/

PUBLIC NOTICE

JAMES ALAN LAYTON MOULD (Deceased)

Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the aforementioned deceased, late of A21 Vilas da Bemposta Alvor 8500-312 Portimao Algarve Portugal who died on 26/12/2007, are required to send particulars thereof in writing to the undersigned Solicitors on or before two months from the date of this publication, after which date the Estate will be distributed having regard only to claims and interests of which they have had notice.

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Charities

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THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shop's profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michelle on 919 457 263 or e-mail me on Happydays@mail.telepac.pt for more information.

ABA CHARITY shop, Av. do Tenis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

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Entertainment & Leisure

ALGARVEAN'S EXPERIMENTAL Theatre Group are active all year and need you as a member. Are you good with a needle or do you like to paint? Happy to go on stage and perform or would you prefer to assist backstage? Young or old join in the fun with play readings starting soon. Ring Nikki on 917 776 245 and nikki_luz@hotmail.com or check out our web address: www.thealgarveans.com

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36-year-old Portuguese illustrator Ana Ventura chosen by manufacturers Converse to design their landmark All Star trainers. (Photo: Lusa / Miguel A. Lopes)

Portuguese illustrator chosen to design landmark All Star trainers



Legendary North American 'All Star' sneaker manufacturers Converse have chosen 100 artists from around the globe to submit designs to adorn the famous footwear which then will be sold around the world.

Amongst these is 36-year-old Portuguese illustrator Ana Ventura, who will see her design become a landmark style icon.

Ana's name was put forward by a Swedish friend, and, after Converse directors saw her website she was invited to participate in the project.

To each invited participant Converse sent an original, plain white All Star sneaker, with pens, a pencil and a book containing the model's prototype so the artists could practice their design.

The designs will be sold to celebrate their legendary footwear's 100th anniversary, as well as raising funds for U2 singer Bono's humanitarian project 'Product – (Red)'.

Co-founder and Chairman of DATA (www.data.org), Bobby Shriver, is also part of the project which aims to raise revenue for the World Funds for the fight against AIDS, tuberculosis and malaria.

'Spread the news' is the name Ana gave to her creation, which aims to promote international help between people.

"Each side of the shoe represents the American and African continents. On each side there is a group of figures trying to communicate and ask for help. Other parts of the sneaker represent

those people's mouths and ears, and communication between them is represented by the lace", she explained.

The sneakers will be on sale from this winter.

Ronaldo rescued!

Not the footballer this time, but Ronaldo the kitten, thought to be only 10 days old when he stowed away in a container lorry in Portugal bound for Corby, Northamptonshire in the UK.

Having survived the three day journey he was found by Matalan Clothes Store staff at their depot in Corby, among pallets in the lorry, who contacted NANNA an animal adoption charity.

However NANNA trustee, Petrina Alderman had said they did not have sufficient funds to cover the £2,000 (£2,550) quarantine fees and without some help the kitten may have to be put to sleep.

Although badly dehydrated the quarantine staff, who chose the name Ronaldo, now say he is looking good and happily Matalan have come up with the full amount needed and pet food firm Royal Canin have sponsored his food, milk and a bed.

Little Ronaldo will be returned to NANNA after his six months in quarantine and then rehomed. A kick-off to a new start.

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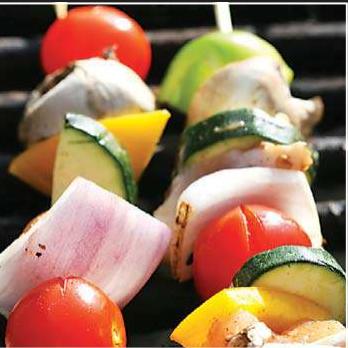
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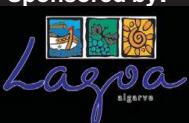


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The weekend of September 20th and 21st is eagerly anticipated by thousands of people who are waiting to attend "the greatest family party" in the Algarve. The organisers of The International Algarve Fair have planned even more attractions for the forthcoming show staged at Fatacil fairground in Lagoa and the publicity will be more extensive than ever.

With 10,000* visitors staying an average of five hours**, booking a stand for your company will guarantee maximum exposure for your business. The fair has the lowest cost stands and the highest attendance of any event for the expatriate market. If you have not yet reserved your space, call the Exhibition Hotline on 282 380 317 or go to algarvefair.com.

Stands

There will be over 120 stands with everything for the home, garden and lifestyle. Stands will be offering advice on travel, home improvements and finance, there will be lots to buy including fashions, books, art, decor, specialist foods, pets products and visitors can enjoy beauty treatments and health advice.

Puff Park

Children love this adventure area with several giant inflatables, which is located in the arena. There will also be clowns, face painting and a real fire engine to explore.

Human Table Football

A unique competition that is set to provide visitors and participants with endless hours of fun. A maximum of 16 teams will be vying for the title of the first Human Table Football champions of the Algarve. To participate contact Tommy Broad tel: 282 380 317 or e-mail: tommy@the-news.net.

Garden area

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The Algarve Wine Festival

Set amid the garden area in a special marquee, Lagoa City Hall will be staging their annual wine festival.

Pavilion: Home, Property & Finance

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Food Arena

There will be several international restaurants in the Arena: Pizzas from Italy, Tandoori from India, Pastries and Bifanas from Portugal, Hotdogs and Hamburgers, Shell fish from Portugal, Surinam specialities, a Braai from South Africa, Indonesian Cuisine and Cakes, Pies, Pasties, Sandwiches and Cream Teas from the UK, Danish open sandwiches and Slush Puppies.

All Day Entertainment

The lineup already includes Harp John, OO-Boop-I-do and Klonakilty plus street artists, clowns and entertainers performing throughout the Fair.

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Taxman seizes Boavista stadium



Alvaro Braga Junior, president of Boavista, in an interview about the state of the club on 15 July. (Photo: Lusa / Estela Silva)

In a dramatic and unprecedented move, tax authorities in Portugal have seized the stadium of Boavista FC.

The club, one of only five clubs in Portugal to have won the league, is now sinking into a serious financial crisis which some observers forecast is the beginning of the end for the Oporto club.

Earlier this week, the club registered a total of 19 players to represent them in the Second Di-

vision, when teams usually enroll around 25 players.

In the meantime, Boavista's Bessa stadium, which was renovated for the 2004 European football championships, has gone on sale for 28.3 million euros, tax authorities said.

It appears that the club will still be able to play at their 30,000-seater stadium while the dispute continues.

At the end of last season, Boavista were demoted to the

Second Division for their part in the so-called 'Final Whistle' match-fixing scandal.

Fellow Oporto club, FC Porto were in May deducted a total of six points and fined €150,000 by the disciplinary committee of the Professional Portuguese Football League (LPFP).

In the LPFP ruling, FC Porto were fined for their part in fixing two matches; their 2-0 win against Estrela Amadora and a goalless draw against Beira Mar.

Since these rulings, Boavista's board resigned shortly after avoiding a players' strike over unpaid wages reportedly stretching back several months.

Earlier this season, Boavista seemed set to be saved by a businessman who came up with a 14.5 million euro investment plan but the deal fell through when he was questioned by police for the alleged possession of false documents.

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